

General Information

Table of Contents

General Information	1
Facility Information	2
Fee Information	3-4
Calendar of Events	5
Facility Reservation Information	6-8
Aquatics	9-14
Youth Sports	15-19
Youth Programs	20-25
Teen Programs	26-28
General Interest Classes	29
Fitness & Wellness Classes	30-36
Adult Sports	37-39
Brighton Cultural Arts Commission	40
Small Business Development	40
Special Events	41
The Armory	42
Eagle View Adult Center	43
Platte Valley Medical Center	44-45
Community Garden Application	46
Registration Form	47
Registration Information	48

WINTER 2015 Recreation Center Facility Closures

New Year's Day - January 1
Easter - April 5

For Your Health the Recreation Center is a
smoke, drug and tobacco-free environment.

WINTER registration

Brighton Recreation Center
555 North 11th Avenue
Brighton, CO 80601
Ph: 303-655-2200
www.brightonco.gov

Walk-In Registration

Residents Only - in person only:

(within legal City limits with proof of residency)

Thursday, December 11, 2014
beginning at 7:00am

Open Registration - in person only:

Friday, December 12, 2014
beginning at 7:00am

**Phone registration will be accepted on
December 13, 2014 after 7am.

***Please have activity numbers and
credit card information ready.***

Online Registration

Online registration for most Recreation
Center programs – go to our website at
www.brightonco.gov and select →
Online Registration



**Open to Brighton residents starts at
noon on Thursday, December 11, 2014**

**Open Online registration starts at
noon on Friday, December 12, 2014**

Facility Information

RECREATION FACILITY INFORMATION

555 North 11th Avenue
Brighton, CO 80601
(303) 655-2200

Facility Hours

Monday – Thursday

5:30am – 9:00pm

Friday

5:30am – 6:30pm *

**Close at 7:00pm June thru August*

Saturday

7:00am – 6:00pm

Sunday

10:00am – 5:00pm

Horario

lunes - jueves

5:30am – 9:00pm

viernes

5:30am – 6:30pm *

**Cierra a las 7:00pm junio a agosto*

sabado

7:00am – 6:00pm

domingo

10:00am – 5:00pm

Areas within the facility may not be available at all times.
The pool will close 1/2 hour before closing each day.

Esta que areas dentro de la facilidad no estan disponibles todo el tiempo. La alberca cerrará una media-hora antes de cerrar cada dia.

Recreation Center Pool Hours

Pool Hours

Monday – Thursday

5:30am – 8:30pm

Friday

5:30am – 6:00pm *

**Close at 6:30pm June thru August*

Saturday

7:00am – 5:30pm

Sunday

10:00am – 4:30pm

Horario

lunes - jueves

5:30am – 8:30pm

viernes

5:30am – 6:00pm *

**Cierra a las 6:30pm junio a agosto*

sabado

7:00am – 5:30pm

domingo

10:00am – 4:30pm

Note: There is no open swim during swim lessons.
See page 14 for lesson times.

Nota: Las Albercas no estan disponible durante clases de natacion. Vea pagina 14 para el horario de lecciones.

SAY "CHEESE"

The recreation department reserves the right to photograph program participants and patrons for publicity purposes including the program brochure, website, and social media.

GYM SCHEDULE

- Open gym, including volleyball, is for all ages.
- ½ of gym designated for volleyball on Monday evenings (when other programming isn't scheduled)
- Court shoes ONLY allowed on the gym floor.
- When half the gym is used for another activity, the open half is only available for shooting, **no full court games allowed.**

Day	Status	Time
Monday	Open	5:30am - 6:00pm
Tuesday	Open	5:30am - 9:00pm
Wednesday	Open	5:30am - 9:00pm
Thursday	Open	5:30am - 9:00pm
Friday	Open	5:30am - CLOSE
Saturday	Open	7:00am - 6:00pm
Sunday	Open	10:00am - 5:00pm

KIDS CORNER

Monday through Friday 8:00am – 11:30am

Saturday 8:00am - 11:00am

Monday through Thursday 5:30pm – 8:30pm

- Kids Corner provides supervised child care for children 6 months through 7 years of age.
- Child care is available for children while parents are using the Recreation Center.
- Parents need to register their children upon arrival.
- Reloadable child care punch cards are available for purchase at the front desk in 2, 5 or 15 hour cards.
- Only punch cards are accepted in child care; No cash.
- There is a 90-minute time limit per visit
- Cost is \$1.50/hour per child
- Please bring a labeled drinking cup or a water bottle and a snack for your child

UPDATES!

To get updates and reminders about programs and classes available through the Recreation Center



LIKE US on Facebook under Brighton Recreation Center Youth & Teen Dept, Brighton Recreation Center, Brighton Youth Sports and Brighton Fitness

Fee Information

Fee Information

Daily Admission

Your admission fee includes full use of the entire facility including: weight rooms, swimming pools, selected fitness classes, running track, hot tub and saunas, cardiovascular equipment and showers/ lockers. Children 4 and under are free with paid adult admission. Child care services require additional fee.

Admisión Diaria

Costo de admisión incluye el uso completo de todo el recreación, equipo de pesas, las albercas, clases de aeróbics, sauna y cuarto de vapor. Niños de 4 años y menor entran gratis con la admisión pagado de un adulto. Servicios de cuidado de niños requiere cobro adicional.

Pass Type Definitions

Family Pass – Up to two adults (married couple or civil union) and their dependent children (age 21 years and younger) all residing at the same address. Adults must show residency with a valid Colorado Driver's License. Available to non-traditional families with legal guardianship.

Couple Pass – A married couple or civil union couple residing at the same address. Couple must be able to show proof of residency with a valid Colorado Driver's License displaying same address.

Attention Recreation Center Pass Holders

All pass holders will need to present their Recreation ID card in order to gain admission to the Recreation Center. As a courtesy to all our customers – if you have lost your card, we will print a free card for you. After 1 free card, you will need to pay \$2 for each replacement card.

The Brighton Recreation Center does not offer a towel service. Towels are available as a courtesy to patrons who arrive without their towel on occasion. If you borrow a towel, please expect to reimburse the front desk \$1 per towel.

ADMISSION FEES

Daily Fees	Resident	Non-Resident
Youth (5-17 years)	\$2.50	\$3.25
Adult (18-59 years)	\$4.25	\$5.00
Seniors (60+ years)	\$2.25	\$3.00
15 Visit Pass	Resident	Non-Resident
Youth (5-17 years)	\$23.00	\$33.00
Adult (18-59 years)	\$48.00	\$59.00
Seniors (60+ years)	\$25.00	\$35.00
Quarterly Pass	Resident	Non-Resident
Student (5-22 years)	\$52.00	\$70.00
Adult (23-59 years)	\$82.00	\$98.00
Seniors (60+ years)	\$62.00	\$78.00
Couple	\$130.00	\$165.00
Family	\$160.00	\$200.00
Annual Pass	Resident	Non-Resident
Youth (5-17 years)	\$150.00	\$180.00
Adult (18-59 years)	\$225.00	\$290.00
Seniors (60+ years)	\$130.00	\$165.00
Couple	\$370.00	\$450.00
Family	\$470.00	\$595.00

- A recreation center ID is required to qualify for resident admission status. See page 4 for details.
- Tarjeta de identificación de recreación se requiere para calificar para admisión de residente. Vea página 4 por información.
- Punch Cards, Quarterly, and Annual Passes are not considered resident ID's

To Err is Human...

Occasionally there may be an error in days, times, registration requirements or fees in our program booklet. When such errors do occur, the staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

Fee Information

Recreation Center Resident Card / Brighton Oasis Resident Card

1. Recreation Center ID cards are required to qualify for resident admission status
2. Proof of residency is required
3. Cards are valid for two years
4. Card Fee: \$5.00
5. A minor (17 and younger) must be accompanied by a parent or guardian when purchasing a Recreation Center ID card. The adult must meet the residency requirements of the minor.

Proof of Residency

1. Your current valid Colorado Driver's license with a current address; or
2. A valid Colorado identification card with a current address; or
3. A real estate tax notice, current utility bill, or a lease or rental receipt

For complete details on resident cards, please call (303) 655-2200 or visit the Brighton Recreation Center at 555 North 11th Avenue.

Tarjeta Residencial de el Centro de Recreación /Tarjeta Residencial de Brighton Oasis

1. Tarjetas de identificación se requiere para calificar para admisión de residente
2. Se requiere prueba de residencia
3. Las tarjetas son validas por dos años
4. El costo de la tarjeta es \$5.00
5. Un joven (17 años o menor) debera ser acompañado por un pariente or guardian al comprar una tarjeta de identificación de el Centro de Recreación. La persona adulta debera cumplir con los requisitos de residencia para el menor

Prueba de Residencia

1. Licencia de manejar de Colorado valida, con domicilio que sea corriente; o
2. Una identificación de Colorado, con domicilio que sea corriente; o
3. Una carta o documento de haciendas, o un recibo de ya sea luz, gas, agua, o recibo de renta

Para mas información sobre tarjetas residenciales, por favor llame (303) 655-2200 o visité el Centro de Recreación a 555 norte, avenida 11.



Fee Assistance

The City offers a reduced rate plan for individuals and families who apply for assistance and meet specific requirements. Applications may be picked up at the front desk. Please see the front desk staff for a list of specific recreation activities approved under the youth reduced rate program.

Corporate Membership Discount

This program is designed to offer employees of businesses located within the City of Brighton the opportunity to improve their wellness. Corporate discounts are available for individual 15-visit, quarterly and annual passes.

Don't Forget...

To bring a padlock or combination lock for the locker rooms. Loaner locks are provided by the Recreation Center with a \$5.00 deposit, your Recreation ID or your current Drivers License.

2015 Calendar of Events

JAN

1	New Year's Day (Recreation Center closed)
6	ABC's & 123's and Wee One's
10	Teens: American Paintball Coliseum
17	Youth Basketball Begins
19	Coed Volleyball Begins
24	Nutrition Intuition Seminar

FEB

4	Teens: Introduction to Ceramics
6	Night of the Stars Talent Show
8	3 on 3 Men's Basketball Tournament
9	Mon/Wed Swim Lessons Begin
19	Youth Weight Room Orientation
21	Babysitter's Course
24	Spring Adult Softball

MAR

3	Sunrise Yoga
4	Kids in the Kitchen
11	Gallery On the Go - Kids 'n Canvas
14	Hunter Safety Education Teens: Snow-Shoeing - YMCA of the Rockies
23	American Red Cross Lifeguard Training
28	Eggstravaganza

APR

5	Easter (Recreation Center closed)
7	Silver Boomers Weight Lifting
11	Lil Kickers Soccer Begins
18	Youth: Rocket Blast Workshop
24	Spring Play

Facility Reservation Information

Community Room Reservations

The Recreation Center has three community rooms available for reservation. Each room may be used separately or as one large room. The maximum seating for each room is 60 banquet style and 100 theater style. The maximum number for all three rooms is 190 banquet style and 250 theater style. Community Rooms may be reserved up to one year in advance.

Rooms	Resident/ Non Resident	Profit	Non-Profit	Damage Deposit No Alcohol/With Alcohol
1 Room	Resident	\$30.00/hr	\$15.00/hr	\$150/\$250
	Non-Resident	\$50.00/hr	\$25.00/hr	\$150/\$250
2 Rooms	Resident	\$60.00/hr	\$30.00/hr	\$250/\$350
	Non-Resident	\$100.00/hr	\$50.00/hr	\$250/\$350
3 Rooms	Resident	\$90.00/hr	\$45.00/hr	\$350/\$450
	Non-Resident	\$150.00/hr	\$75.00/hr	\$350/\$450

****Non-profit organizations must provide state of Colorado tax exempt ID number to receive non-profit rate.**

Additional Fees: All rentals incur a \$25 set up fee. Kitchen is a flat fee of \$30. Additional charges for after hours rentals of \$10/hour.

Security

All events requesting alcohol are required to be monitored by (1) off duty Brighton Police Officer for parties of 60 persons and under and (2) off duty Brighton Police Officers for parties over 60 persons. The officer(s) must be present one-half hour before alcohol is to be served and must be present through the remainder of the event. The Brighton Recreation Center will make arrangements for all security. Alcohol may be served for a maximum of four hours and must be discontinued by 11:00 pm. **Alcohol is limited to beer & wine only**, with no glass containers. The fee for security is \$40/hr/officer.

Classroom A

The Recreation Center also has a classroom available that functions as a small party or meeting room. Maximum capacity for the classroom is 15 persons. No alcohol permitted in classroom.

Resident	Non-Resident	Deposit (required)
\$15.00/hr	\$30.00/hr	\$75.00

1886 Church Reservations

The 1886 Church is available for rentals and tours. The 1886 Church is located at 147 S. 1st Ave., Brighton Colorado. The church can seat approximately 60 people. Folding chairs can be placed in the church to accommodate 10-15 additional people. (Chairs are not provided.) Restrooms not available.

The fee schedule is as follows:

- \$150.00 Deposit to reserve the date of the rental
- \$35.00 Deposit for the check-out of the keys
- \$50.00 Resident rental fee
- \$70.00 Non-Resident rental fee

For more information regarding all rentals please contact the Recreation Center at 303-655-2200.

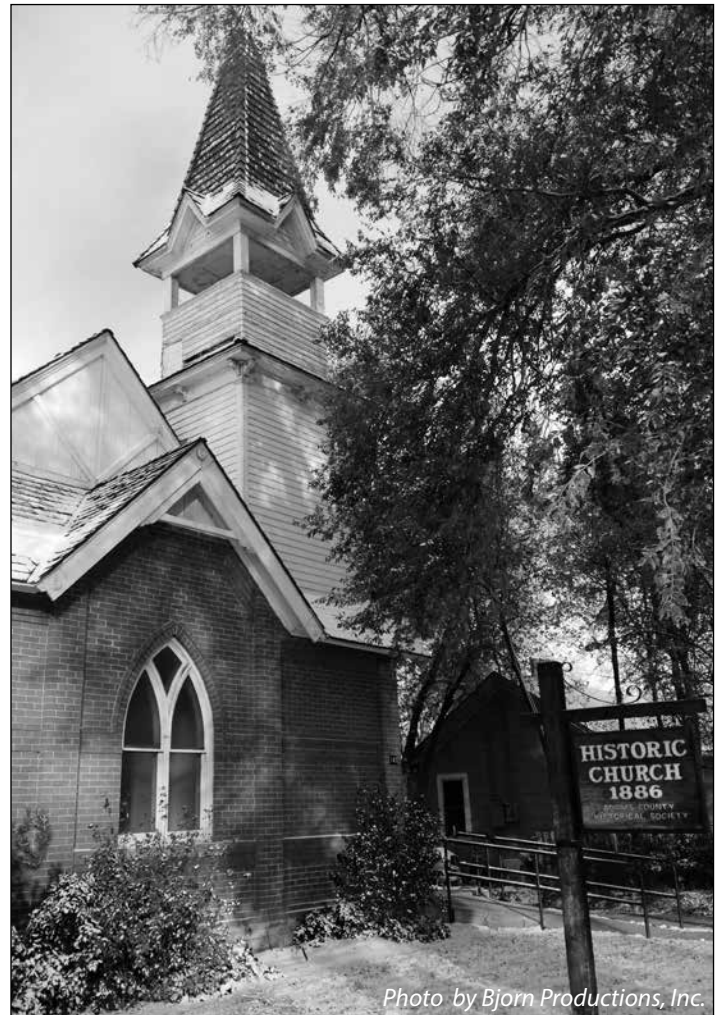


Photo by Bjorn Productions, Inc.

Facility Reservation Information

Community Garden Reservations

\$20 for residents/\$30 for non-residents – all plots are the same price. The Community Gardens are located at:

Adventist Garden	781 S 5th Ave between Voiles St & Bromley Ln
Denver St.	1119 E Denver St near the Recreation Center
Ken Mitchell Garden	889 Kinglet Court adjacent to Ken Mitchell Park, includes smaller raised beds
Northgate Garden	4801 Mt Evans St in the Northgate subdivision
Zion Garden	395 S. 14th Ave. adjacent to Zion Lutheran Church

Plots are available for reservation for 2015 growing season, beginning at 7am on January 23, 2015 for Brighton residents and at 7am on February 6, 2015 for non-residents. Returning gardeners will be allowed to reserve their same plot on a space available basis.

See page 46 for Community Garden Application.

Refund Policy for Facility Rentals

For Community Rooms & the 1886 church:

If a cancellation is 30 days prior to the event, there is a \$30 cancellation fee. For cancellations less than 30 days prior to the event, the entire damage deposit is forfeited.

For Park Shelters:

- No refunds with less than 10 days notice.
- No refunds for inclement weather.
- There is a \$5 cancellation fee for all park shelter cancellations.

For Community Gardens:

- No refunds after the Gardening Season has started (when the water is turned on)
- There is a \$5 cancellation fee for cancellations prior to the start of the Gardening Season.

For Brighton Oasis Rentals:

- If a cancellation is less than 15 days prior to the event, the entire damage deposit is forfeited.
- There is a \$5 cancellation fee for rentals with 15 days notice.

For more information regarding all rentals please contact the Recreation Center at 303-655-2200.

Park Shelter Reservations:

Shelters may be rented from May through September with some limitations on seasonal availability. Fees to reserve a shelter are as follows:

Park Shelters	
Resident \$50	Non-Resident \$60
The following parks are available May 16 to September 13 10am - 10pm daily:	
Benedict Park	
Brighton Park	
Carmichael Park	
The following parks are available June through August 12noon to 10pm daily:	
BJAA Park	
Dewey Strong Park	
Donelson Park	
Farmer's Park	
Pheasant Ridge Park	

Benedict Spray Park Shelter	
Resident \$70	Non-Resident \$90
Spray Park @ Benedict Park is open 10am-7pm May 23 to September 7, 2015	

Reservations must be made at least 10 days in advance and payment is due at the time of the reservation.

All reservable park shelters are on a first come, first serve basis, when not booked a minimum of 10 days in advance. All other shelters not listed will operate on a first come, first serve basis. We are accepting park shelter reservations for the 2015 season starting January 2, 2015.



Facility Reservation Information



*Reservations for the
Summer 2015 Season
will be accepted starting
in January 2015*

Birthday party packages, pavilion rentals & private after hour rentals available.

Brighton Oasis After Hour Rental Information and Policies

Come and join us at the Oasis for an after-hours party or celebration. This is the perfect idea for your company or for family and friends to enjoy the amenities exclusively! After hours parties are available every day but Wednesday from 6:30pm-8:30pm.

The Rentals may begin setting up for their rentals no earlier than 6:00pm. Reserve your party now as spots will go fast. Starting in mid-July, pool access will need to end prior to 8:30pm due to diminished light & safety concerns related to this. Proration and adjustments will be made at the time of reservation.

Guest count is required at the time of the reservation with a 20 person variance allowed.

To book your rental:

We are accepting bookings for rentals for the 2015 season starting January 2, 2015. For information or to book your rental please call the Recreation Center at (303)-655-2200. We request at least two weeks notice for all reservations and require the damage deposit & full rental payment at booking to secure your reservation.

Pool Rental Regulations

- Alcoholic beverages are prohibited. Evidence of alcohol will result in immediate expulsion from the facility. No refund will be given.
- All facility and pool rules are strictly enforced.

Cancellations within 2 weeks

Deposit will be forfeited. In the case of bad weather we can reschedule the event, subject to availability. If rescheduling cannot be accommodated, you will receive a full refund.

AFTER HOURS RENTAL FEES

1 to 100 guests	\$400.00 + \$100 refundable deposit
101 or more	\$3.00 each additional person

Pavilion Rentals and Birthday Party Packages

Pavilion Rental	This option is ideal for the do it yourselfers who just need their own sheltered space to host their own gathering. Cost \$45/hour + deposit
Package A	Up to 15 admissions and a 2 hour pavilion rental with soda, ¼ sheet cake and all paper products. Cost \$170 + deposit
Package B	Up to 25 admissions and a 2 hour pavilion rental with soda, ½ sheet cake and all paper products. Cost \$230 + deposit

All pavilion rentals require a \$50 damage deposit

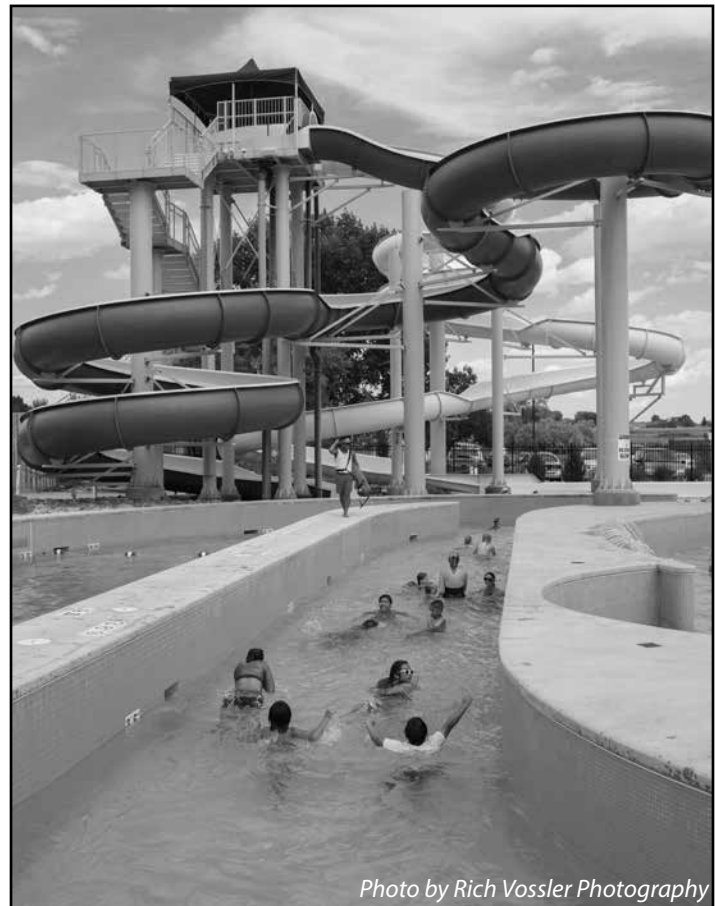


Photo by Rich Vossler Photography

Aquatics

Indoor Pool - General Information

The Brighton Recreation Center offers a 5 lane, 25 yard, year round pool for leisure swimming, lap swimming, fitness lessons and educational programming. For you and your family's enjoyment, there is a leisure pool with bubble bench, water works and slide.

Indoor Pool - General Information

Aquatics Coordinator:

John Workman - JWorkman@brightonco.gov
303-655-2212

Pool Managers:

Angela Yazdani - AYazdani@brightonco.gov
303-655-2213
Carleen Lehr - Clehr@brightonco.gov
303-655-2211

Hours of Operation

Monday through Thursday

5:30 am - 8:30 pm

Friday

5:30 am - 6:00 pm

Saturday

7:00 am - 5:30 pm

Sunday

10:00 am - 4:30 pm

The Recreation Center Pool is available for open and lap swimming daily. The pool closes 30 minutes before the Center closes.

Pool Closures

There will be no open swim during M/W and T/Th swim lessons. Saturday mornings the leisure pool will open at 10:15 am for open swim. There will be no lap space available M/W during CARA swim team.

Slide and Waterworks Schedule

Monday - Thursday

10:15 am - 4:00 pm

6:15 pm - 8:30 pm

Friday

10:00 am - 6:00 pm

Saturday

10:15 am - 5:30 pm

Sunday

10:00 am - 4:30 pm

During all group swim lessons and water aerobics classes, the slide, bubble bench and waterworks will be closed.

Rest Period

Every hour on the hour from 12:00 pm to 4:00 pm, there is a 10 minute rest period. Both pools will be cleared except for ADULT (17 years of age and older) lap swimmers and adults with infants under one year of age.

DON'T FORGET

You must wear a swimsuit in our pools.

No basketball shorts, tee shirts or street clothes.

Trajes de baño son requerido en las albercas. No pantalones cortos de baloncesto, camisetas de algodón o ropa de calle.

Hot Tub, Dry Sauna & Steam Room Rules

GENERAL

1. You must wear proper swim wear in the hot tub, steam room, and sauna. No long sleeves or pants.
2. You must shower before entering.
3. You must be at least 17 years old.
4. Electrical or battery operated equipment may be damaged by hot temperatures.
5. No spitting or release of bodily fluids allowed. Violators will be asked to leave.
6. No shaving or pumice stones allowed.
7. Be cautioned that long exposure to these high temperatures may cause fatigue, dizziness, shortness of breath and nausea. Please do not spend more than 15 minutes in hot tub.
8. If you are pregnant or have a heart condition, please consult your physician before using the hot tub.
9. **Do not** pour water in the sauna, as it will damage the heating element.
10. No public displays of affection allowed in facility.

Open Swim Note:

All groups of 10 participants or more must be pre-approved by Aquatics Coordinator.

PARENTAL SUPERVISORY RULE: Strictly Enforced

- **Children ages 6 and under must be accompanied within arms' reach by a parent or guardian age 16 years or up when in the pool. (No exceptions.)**
- Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck.
- Adult to child under age 6 ratio not to exceed 1 adult to 3 children.
- **Niños 6 años y menor deben ser atendidos dentro de la distancia de sus brazos por un padre o supervisor 16 años o mayor en la alberca. (No excepciones.)**
- Niños 7 años de edad deben ser supervisados por un padre o supervisor 16 años o mayor de la plataforma de la alberca.
- Adulto a niños proporción para no exceder 1 adulto a 3 niños.

Aquatics

Pool Regulations

1. Pool area is closed when no lifeguard is on duty.
2. A complete soap shower is required before entry to the pool area.
3. No running in the pool area.
4. Excessive splashing or horseplay is not allowed.
5. Swimsuits are required. No street clothes including t-shirts and basketball shorts.
6. No throwing balls or objects in pool area.
7. NO DIVING Only permitted under Instructor Supervision
8. No food, gum, drinks or tobacco products.
9. No glass on pool deck.
10. No spitting or other rude behavior.
11. Flotation devices must be approved by the pool manager.
12. No water wings.
13. No street shoes allowed on the deck.
14. Children ages 6 and under must be accompanied within arms' reach by a parent or guardian aged 16 years or up when in the pool. (No exceptions.)
15. Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck.
16. Infants must wear swim diapers – NO REGULAR DIAPERS.
17. Instructions from the lifeguards must be obeyed at all times.
18. No public displays of affection.
19. Failure to comply with pool rules will result in expulsion from facility.

Don't forget . . . to bring a padlock or combination lock for the locker rooms. Loaner locks are provided by the Recreation Center with a \$5.00 deposit.
For information on Aquatics call (303) 655-2212 or visit www.brightonco.gov

Waterslide Regulations

1. One rider at a time.
2. Adults may ride with one small child.
3. Face up, feet first only.
4. First person in line must wait until previous rider passes the red line.
5. No stopping or standing in the slide.
6. Flotation devices are not allowed on the slide.
7. All normal pool rules apply.
8. No metal objects allowed.
9. No catching children at bottom of slide.
10. Riders must clear the entry area immediately.
11. No swimming or walking in the slide splash-down area.

Reglas de la Alberca

1. La alberca esta cerrado cuando no hay salva vidas en turno.
2. Se requiere un baño de jabon antes de entrar a la alberca.
3. No se permite correr en el area de la alberca.
4. No se permite salpicar damasiado, ni juego rudo.
5. Los trajes de baño son requeridos. Ninguna ropa de calle incluso a camisetas de algodón y pantalones cortos de baloncesto.
6. No se permite tirar balones o objetos en la area de las albercas.
7. No se permiten maromas, clavados de espalda, o brincos Solamente con el supervision del Instructor.
8. No se permite comida, chicle, bebidas, o productos de tabaco.
9. Ningun tipo de vidrio se permite alrededor de la alberca.
10. No se permite escupir, o mal comportamiento.
11. Flotadores son permitidos SOLAMENTE cuando son aprobados por el gerente de la alberca.
12. No flotadores tipo "ala" por favor.
13. Zapatos no son permitidos alrededor de la alberca.
14. Niños 6 años y menor deben ser atendidos dentro de la distancia de sus brazos por un padre o supervisor 16 años o mayor en la alberca. (No excepciones.)
15. Niños 7 años de edad deben ser supervisados por un padre o supervisor 16 años o mayor de la plataforma de la alberca.
16. Niños infantiles deberan usar pañales apropiado para la agua – no se admiten pañales regulares.
17. Instrucciones de los salva-vidas deberan ser obedecidas todo el tiempo.
18. Demostraciones de afecto en publico no es permitido.
19. Si no cumple con las reglas de la alberca, el resultad sera la expulsion de la facilidad.

Reglas de el Resbaladero

1. Una persona a la vez.
2. Adultos pueden usar el resbaladero con niños pequeños.
3. Pies primero, volteando hacia al frente.
4. Primera persona en linea debera esperar a que la persona anterior haya pasado la linea roja.
5. No se permite pararse o detenerse en el resbaladero.
6. No se permite "flotadores" en el resbaladero.
7. Todas las reglas normales aplican.
8. No se permiten objetos de metal.
9. No se permite coger los niños de la salida del resbaladero.
10. Debera quitarse de la entrada del resbaladero inmediatamente cuando haya paseado.
11. Ninguna natación ni andar en el área de amerizaje de resbalada.

Aquatics

Do You Need a Job? Something Fun in the Sun? Looking for Extra Cash?

Now is the time to think about your employment for the summer. Applications will be accepted for temporary/seasonal employment. We are looking for lifeguards and swim instructors for the summer season for the Brighton Oasis and the recreation center.

For more details please call the Aquatics office at (303) 655-2212.



Master's Swim Team

Do you want to swim on an adult swim team to improve your endurance and strength? Do you need motivation and coaching to swim a good work out? Come join the Master's Swim Team today! This hour workout will be provided with proper direction and technique improvement to build your strength, endurance and times.

Cost: \$35.00

Age	Day	Dates	Time	Session
17+	Mon/Wed	Jan 5-Apr 8	6:00-7:00am	312002A

Location: Recreation Center Pool

CARA Swim Team

An introduction to competitive swimming including: freestyle, backstroke, breaststroke and butterfly. Continued stroke development and an introduction to swimming in a productive team environment are also developed.

Age Recommendation: 6-16 years or pass skills test at Level 5. For more information contact the Pool Manager at (303) 655-2213.

Must be comfortable in the deep and shallow ends of the pool. Needs to be able to perform front and back crawl with rhythmic breathing unassisted for 25 yards. The swimmers will be swimming the length of the pool during practices so this is a requirement.

Cost: \$60.00

Days	Dates	Time	Session
Mon & Wed	Jan 5-Apr 8	5:30-6:45pm	312003A

Location: Brighton Recreation Pool

*We are always hiring
swim instructors!
for inquiries please call 303-655-2213*

Please contact the Pool Manager at
(303) 655-2213 for more information
on the aquatics program.

American Red Cross Lifeguard Training

Successful completion of the ARC Lifeguard Training course will allow you to be a certified lifeguard. This will allow you to learn the latest rescue skills, CPR, First-Aid and AED usage. The lifeguard training program and First-Aid certifications are good for three years. CPR/AED certifications are valid for one year. **Attendance of all classes is mandatory!**

Cost: \$75.00 Registration & License Fee
(Standard 25 hour course)

Age	Days	Dates	Time	Session
15+	Mon-Thu	Mar 23-26	9:00am-4:00pm	312001A

Location: Brighton Recreation Center

NEW! Blended Learning Course (19 hour course)

Cost: \$40.00 Rec Fee
\$35.00 ARC Fee

Age	Days	Dates	Time	Session
15+	Sat & Sun	Feb 21 & 22	9:00am-4:00pm	314001A
	Fri & Mon	Feb 20 & 23	4:00-9:00pm	
	Sat & Sun	Apr 25 & 26	9:00am-4:00pm	314001B
	Fri & Mon	Apr 24 & 27	4:00-9:00pm	

* Blended learning lifeguard courses are a new option offered to those that would like to read and review class time material at home instead of attending classroom lecture. This option reduces time spent in the classroom. Pool time remains the same. Participants must register in advance at the front desk to pay the rec fee and receive an internet link to register with the American Red Cross, read lifeguard material and bring exam results to the first day of the course. Rec fee is separate from the American Red Cross Fee. ARC fees are nonrefundable.

Note: You must be able to complete the prerequisite skills on the first day. Swim lessons and endurance building are not provided during the Lifeguard Training course and should be addressed before the first day of class. Contact the Aquatics Coordinator for assistance.

Prerequisites completed on first day of class:

- 300 yard swim, retrieve 10 pound brick from 9 ft. using a feet first surface dive and swim it back 20 yards to the wall and tread water for 2 minutes with use of legs only.

Aquatics

Kayaking Classes with Renaissance Adventure Guides

Lesson series: "Indoor Beginner Roll Series" (\$150)

Learn to roll when snow is on the ground. This three part series will start with the basics and progress to mastering the kayak roll. The clean warm environment of a swimming pool can really help the learning process. Come join us for a fun exhilarating experience.

January 11, 18, 25 **February** 8, 15, 22 **March** 8, 15, 22

Time: 8:00-10:00am

Renaissance Adventure Guides

303.988.2493 or visit <http://raguides.com/>

3 roll sessions for \$150 or \$60 per session. Advanced registration is required.

On the Sundays of February 1, March 1 and March 29, there will be an introductory stand up paddle boarding class for \$60.



Private Swim Lessons

Lessons are available for those who want more individualized attention. We have a "pool" of enthusiastic instructors looking forward to helping you or your child achieve your goals! Please allow at least one week for initial contact.

Private Lesson Packages

Cost	Day/Time
4 pk-\$82.00 PLPP4	Times available upon instructor and student compatibility
8 pk-\$164.00 PLPP8	

Semi-Private Lesson Packages

Semi-private lessons are for 2-4 children with an instructor.

Participant must provide the additional student to make it a semi-private lesson. Each lesson is 30 minutes long. Lessons are set up in order received.

Cost	Day/Time
4 pk-\$48.00 SPLPP4	Times available upon instructor and student compatibility
8 pk-\$96.00 SPLPP8	

If you have questions on lessons or are interested in registering for private or semi-private lessons, please call Angela Yazdani at (303) 655-2213

Swim Lesson Information

Swim Lesson Quick Tips

- There is no sure way to predict how quickly your child will progress. Consider that most children do not pass a class after just one session. Breakdown just one session in hours (range from 2 to 4 hours a month) and consider how quickly a skill can be taught, learned and demonstrated.
- Pollywogs is similar to Level 1 while Guppies is similar to Level 2. Minnows is an advanced pre-school level that incorporates skills from both of level 2 and beginner level 3. The reason for the preschool separation is to avoid huge age differentials i.e., a 4 year old in Level 1 with a 9 year old
- Please keep in mind the benefit of being added to the waitlists. Your child may end up in a class. There have been changes to the way you sign up for waitlist. There is now only one waitlist for evenings and one for morning for each session. If possible, we will open up whichever class has the highest demand.
- If you want your child to be safe around the water by summer, sign them up for swim lessons now!
- Contact aquatic management for any questions or concerns regarding your child's swim level placement including future registration.

Swim Lesson Registration

Swim lessons are held at:

Brighton Recreation Center, 555 North 11th Avenue

Please review our refund policy

- All time slots must have at least 3 registrants. Classes below the minimum will be cancelled. (Excluding private and semi-private lessons.)
- **Registration deadline for all lessons is five (5) business days before each session begins. You will not receive a refund after this time has passed.**
- Class maximums are set for quality and safety reasons.
- Fees must be paid at time of registration.

**Note: A parent or legal guardian may only register their child(ren) under age 18.*

Give it a TRI

Come and get those first time jitters out in our mini Triathlon. This event is great for beginners to experience the thrill of a Triathlon in a laid back atmosphere.

- 300 Yard Swim (8 lengths)
- 6 mile Indoor cycle
- 1 mile Outdoor Run

Min/Max: 5/40

Cost: \$15.00

Age	Day	Date	Time	Session
12+	Sun	Apr 26	8:00am	511007

Aquatics

SWIM CLASS DESCRIPTIONS

There is a maximum of 6 participants in each class, excluding the class "Water Babies" which has a maximum of 10 children and their parent. To register, contact the recreation center (303) 655-2200. Please refer to age ranges when enrolling students. To ensure class safety, students enrolled incorrectly may be removed from lessons if we do not have room for them to move to the correct class. For more information on swim lessons and placement, contact the Pool Manager at (303) 655-2213.

WB

Water Babies:

Ages 6 months - 3 years

Parents must accompany the child in the water. Safety, water adjustment, and water exploration are a few of the skills that will be taught to the parents to enable them to teach their child outside of the structured class as well as introducing a student/instructor relationship.

PBP

Preschool Beginner Pollywogs

Ages 3-5 years

There are no prerequisites. This class is recommended for children who have little to no experience in the water and will be introduced to the teacher/student relationship. The objective is to help students feel comfortable in the water and to learn how to enjoy the water safely. Students will be introduced to proper breath control, putting their face in the water, assisted floating front/back, assisted front glides. Underwater exploration will be introduced. Students will progressively learn to demonstrate skills independently. Students that successfully pass this class will be able to demonstrate front floats and back floats independently for 10 seconds each. Please refer to age ranges when enrolling students.

PG

Preschool Guppies

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Beginner Pollywogs. Students will build on the basic fundamentals learned in the beginner class including underwater exploration. Independent front glides and back glides will be the focus of this class and the foundation of freestyle and backstroke. To pass this class, students must be able to independently demonstrate front glides and back glides for 10 seconds or two body lengths. Whichever distance is further. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Preschool Minnows.

PM

Preschool Minnows

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Guppies. Students will continue independent swimming progressions in this class including proper freestyle starts from the side of the wall, introduction to beginner freestyle, proper starts for back stroke and beginner back stroke. Students that successfully pass this class must be able to swim independently and comfortably half the length of the lap pool (both beginner freestyle and back stroke). Class participants will swim in the lap pool most or all days. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Level 3.

1

Level 1: Water Exploration

Ages 6+

There are no prerequisites. This class is recommended for children who have little to no experience in the water. Students will be introduced to the teacher/student relationship. The objective is to familiarize students' to the water and to learn how to enjoy the water safely. Students will be introduced to breath control, putting their face in the water, assisted front/back floats, and front glides. Underwater exploration will also be introduced. Please refer to age ranges when enrolling students.

2

Level 2: Fundamental Skills

Ages 6+

This class is recommended for students who have successfully completed level 1. The objective is to build students' confidence with fundamental skills previously learned including underwater exploration. Other skills include breath control, front/back glides and an introduction to freestyle and back stroke. Students will progressively learn to demonstrate front glides and back glides independently.

3

Level 3: Stroke Mechanics

Ages 6+

This class is recommended for students who have successfully completed level 2. The objective is to continue progressions with the strokes introduced in level 2. There will be a focus on freestyle and back stroke. Students will continue refining proper breathing techniques for each stroke learned. There will be an introduction to breast stroke and elementary back stroke as well as an intro to treading water. Students need to be able to swim half the length of the lap pool independently demonstrating freestyle and backstroke to register for the next class.

4

Level 4: Stroke Development

Ages 6+

This class is recommended for students who have successfully completed level 3. The objective is to develop proper stroke technique and endurance. Freestyle and back stroke skills will be refined with drills and distance swimming. Proper side breathing technique for freestyle will be taught. Breast stroke and elementary back stroke will continue to be practiced. Intro to butterfly will begin here.

5

Level 5: Stroke Refinement and Endurance

Ages 6+

This class is recommended for students who have successfully completed level 4. There will be a focus on building swimming endurance with all four competitive strokes as well as refining technique. Students in this class will begin to swim 50 yards at a time for each stroke. After completion of this class, the student should be able to swim laps comfortably. After completion of this class, it is strongly recommended to join the CARA swim team to maintain skills and promote healthy exercise habits.

Aquatics

2015 WINTER SWIM LESSONS

Please show up 5 minutes early to your first class. Water Babies (Parent-tot) classes (for children ages 6 months to 3 years) are separate registration numbers, see below. Class size will range from 3-5 participants per instructor.

Session A & B Swim Lesson Registration*
Residents Only - Thursday, December 11, 2014 In person only beginning at 7:00am, on-line beginning at noon <i>(within legal City limits with proof of residency)</i>
Open Registration - Friday, December 12, 2014 In person only beginning at 7:00am, on-line beginning at noon

*Phone registration for Session A & B will be accepted on Saturday, December 13, 2014 after 7:00am

Session C Swim Lesson Registration
Residents Only - Thursday, February 19, 2015 walk-in or online at 7:00am, call-in at 8:00am <i>(within legal City limits with proof of residency)</i>
Open Registration - Thursday, February 19, 2015 walk-in or online at 1:00pm, call-in at 2:00pm

Monday / Wednesday Morning Swim Lessons

8:30am-9:00am	Pollywogs	Level 1
	313020	312015
9:05am-9:35am	Minnows	Guppies
	313040	313030

Each session consists of eight 30-minute lessons for \$25.00

Monday / Wednesday Afternoon Swim Lessons

4:30pm-5:00pm	Pollywogs	Guppies	Guppies	Level 4	Level 5
	312026	313038	313037	312045	312051
5:05pm-5:35pm	Level 1	Minnows	Level 3	Level 4	Guppies
	312018	313041	312037	312046	313031
5:40pm-6:10pm	Water Babies	Pollywogs	Minnows	Level 2	Level 3
	312005	313021	313042	312029	312038

Each session consists of eight 30-minute lessons for \$25.00

Tuesday / Thursday Afternoon Swim Lessons

4:30pm-5:00pm	Water Babies	Guppies	Level 4	Pollywogs	Level 5
	312006	313032	312050	313027	312056
5:05pm-5:35pm	Pollywogs	Level 1	Level 4	Level 3	Minnows
	313022	312021	312070	312040	313046
5:40pm-6:10pm	Pollywogs	Level 2	Guppies	Level 3	Minnows
	313023	312032	313033	312060	313043

Each session consists of eight 30-minute lessons for \$25.00

Saturday Morning Swim Lessons

8:30am-9:00am	Water Babies	Pollywogs	Minnows	Level 2	Guppies
	312007	313024	313044	312033	313034
9:05am-9:35am	Pollywogs	Guppies	Level 2	Level 3	Level 4
	313025	313035	312034	312043	312049
9:40am-10:10am	Level 1	Minnows	Level 3	Guppies	Level 5
	312025	313045	312044	313036	312054

Each session consists of four 30-minute lessons for \$12.00

Choose your session	
Session A	Jan 5 - 28
Session B	Feb 9 - Mar 4
Session C	Mar 16 - Apr 8

Choose your session	
Session A	Jan 5- 28
Session B	Feb 9 - Mar 4
Session C	Mar 16 - Apr 8

Choose your session	
Session A	Jan 6 - 29
Session B	Feb 10 - Mar 5
Session C	Mar 17 - Apr 9

Choose your session	
Session A	Jan 10 - 31
Session B	Feb 14 - Mar 7
Session C	Mar 21 - Apr 11

Youth Sports



Youth Basketball

It's time to learn and polish defensive, shooting, dribbling, and team basketball skills. Youth Basketball is offered to all youth, ages 6 to 12 years old. Practices are held twice a week and games are played on Saturdays. Fee includes uniform shirt.

Deadline to register: December 19, 2014

Cost: \$45.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
6-7 yrs Girls	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130001
6 yrs Boys	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130002
7 yrs Boys	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130003
8-9 yrs Girls	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130004
8 yrs Boys	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130005
9 yrs Boys	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130006
10 yrs Girls	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130007
11-12 yrs Girls	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130008
10 yrs Boys	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130009
11-12 yrs Boys	Saturday (games) Practice tbd	8:30am- 3pm	Jan 17-Feb 28	130010

Location: Local Schools and the Brighton Recreation Center

Please see Team Selection Procedure for all Youth Sports!

City of Brighton Youth Sports Registration Timelines & Policies

Brighton Youth Sports typically has 3 registration phases, Open Registration, Late Registration and Waitlist Registration. Our approximate timeline is as follows:

- Approximately 4-6 weeks of Open Registration; registration at the designated fee without additional charges.
- Approximately 1-2 weeks of Late Registration; registration taken with an additional late fee assessed, (if space permits.)
- Approximately 1-2 weeks of Waitlist Registration; participants will be placed on a waitlist and may be added if the program can accommodate additional participants. Fees will not be collected during this phase of registration. Fees are collected when the participant is added to the enrolled roster.
**Those registered during Waitlist Registration are not guaranteed registration for the activity.*
- Please understand that although Brighton Youth Sports exists to serve as many participants as is logistically possible, late registration often strains the timeline and resources of the program and often causes those registered before the deadline to be inconvenienced. In order to maintain the quality and integrity of the program, deadlines must be adhered to in strict manner.
 - Participants who register during the Late Registration Period and during Waitlist Registration will often be added to teams at a later date than those registered during Open Registration
- Programs will be advertised in our Parks and Recreation Guide available online at www.brightonco.gov and at the Brighton Recreation Center.
- Although other methods of promotion will be used, it is the responsibility of the participant and his/her parents to become aware of registration timelines.

Registration is taken in person at the Brighton Recreation Center or by telephone at 303-655-2200.

Online Information

Schedules and updates now
available online

@ www.brightonrecreation.com



Youth Sports



Lil Kickers

An introduction to the game of soccer for your little one. Lil Kickers is three-on-three soccer with no goalie. Practice on Saturdays 30 minutes before the game. Coaches will be required to officiate Lil' Kickers games. **Parents are needed to coach!**

Deadline to register: March 20

Cost: \$35.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
4-5 yrs	Sat	9:00am-2:00pm	Apr 11-May 16	110001 A-Z

Location: Brighton Park

Parents: Be sure to pick up handout at registration

Brighton Youth Sports reserves the right to require child's birth certificate to verify age.

Youth Soccer

Boys and Girls! Join the Youth Soccer League for fun and skill development. Games are played at Benedict Park, Donelson Park and Brighton Park on Saturdays, beginning in April. Parents are needed to coach Ages 6-12 years old.

Parents: Be sure to pick up handout at registration.

Brighton Youth Sports reserves the right to require child's birth certificate to verify age. The recreation center reserves the right to make leagues co-ed if necessary.

Deadline to register: March 9

Cost: \$40.00*(shirt included)

**A \$5.00 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
U6 Girls (6 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110002
U6 Boys (6 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110003
U7 Girls (7 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110004
U7 Boys (7 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110005
U9 Girls (9 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110006
U9 Boys (9 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110007
U12 Girls (12 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110008
U12 Boys (12 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30am-3pm	April 4 - May 16	110009

Location: Brighton Park, Donelson Park, Benedict and other city parks

Please see Team Selection Procedure for all Youth Sports!

Youth Sports



The British are coming!

British Challenger Soccer is coming to Brighton this summer to provide the #1 soccer camp in the U.S. and Canada.

(You can find details and you must register for the camp at www.challengersports.com.)

All soccer camps are held at Donelson Park located at 4500 Midland Street.



Mini-Soccer

Fun games, competitions and skill-building activities are designed to enlighten and develop budding players. One and a half hours per day for five days.

Cost: \$93.00

Age	Day	Time	Date
4-5 yrs	Monday - Friday	9:00am - 10:30am	July 6-10
4-5 yrs	Monday - Friday	5:30pm - 7:00pm	July 6-10

First Kicks

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. One hour a day for five days. Parents are encouraged to join in and help guide their child through this fun learning experience.

Cost: \$75.00

Age	Day	Time	Date
3 yrs	Monday - Friday	11:00am-12:00pm	July 6-10

Half-Day Player Development Camps

Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is our most popular program. Three hours per day for five days.

Cost: \$121.00

Age	Day	Time	Date
6-16 yrs	Monday - Friday	9:00am - 12:00pm	July 6-10
6-16 yrs	Monday - Friday	5:30pm - 8:30pm	July 6-10

Location: Brighton Park-adjacent the Brighton Recreation Center



For more information on **ADULT SPORTS**
see page 37-39



Youth Sports

Youth Sports Association - Contact Numbers

City of Brighton Youth Sports		(303) 655-2208	
City of Brighton Adult Softball and Sports	D.R. Dill	(303) 655-2203	
Brighton Youth Baseball Association Recreation & Competitive - (5-14 years)			www.brightonyouthbaseball.com
Track (indoor and outdoor) and Cross Country	John Martinez	(720) 422-0591	JohnMartinez803@comcast.net
Brighton Youth Association Football	Lance Murphy	(720) 883-1876	www.brightonyouthfootball.com
FC Brighton Soccer			www.fcbrighton.com
Bull Frogs Swimming Team	Carl Diehl	(303) 440-6798	
Sports Hot Line		(303) 655-2210	

Call the Brighton Recreation Center's "Sports Hot Line" for current information about possible program cancellations, including cancellation due to inclement weather conditions.

Upcoming Sports Activities offered by the Brighton Recreation Center

Spring/Summer (March - July)

Soccer (ages 6-12) • Lil' Kickers Soccer (ages 4-5) • Girls Softball (ages 6-12)
CARA Track (ages 6-12) • CARA Tennis (ages 8-17) • Tennis Lessons (ages 6-13) • T-Ball (ages 4-5)

Fall (August - November)

Fall Soccer (ages 6-12) • Lil' Kickers Soccer (ages 4-5) • Girls Volleyball (ages 8-12)
CARA Cross Country • Flag Football (ages 6-12)

****Dates listed are when programs are in session. Please allow 4-6 weeks for registration previous to these dates**

WANTED: Volunteer Coaches



Youth Sports

TEAM SELECTION PROCEDURE

The following procedure will be used in forming teams in each youth sports program.

1. Youth player registration will be open for at least one month.
2. The Youth Sports Coordinator will open a certain number of teams, depending on the anticipated number of participants. Each team will have a roster limit, after these spots are full, there can be no additional registration for that team. Each team will be assigned a team letter or name. Teams will already be grouped by the following criteria:
 - a. Age Division (Grade level or actual age)
 - b. The player's gender, (Brighton Youth Sports reserves the right to make teams co-ed if the situation requires).
3. Players may be registered to any of the teams for which they fit the criteria; (a 7 year old boy may be registered for any 7 year old boy's team), and for which there are roster spots available.
4. Individual coaches will contact players after the rosters are made official and distributed at the coaches meeting for that sport.
5. The City of Brighton Youth Sports Staff must retain the right to reallocate players in order to maintain control over team balance. If a team proves to be exceptionally competitive, Youth Sports Staff reserves the elastic right to separate those players.
6. Participants must turn the minimum age for the program before the last scheduled day of the program.
 - a. Registrants will only be allowed to move up one age division. However, the participant must meet the minimum age for the activity. (ex: for youth soccer, players must turn 6, the minimum age for the program, by the last scheduled game or day of the program.)
7. Registration will be open after teams are chosen but only on a space-available basis. Late registrations will be placed according to the number of open positions on rosters. Late registrations can only be placed where there are roster spots available - specific team assignment is forfeited after the deadline.
8. After the registration deadline has passed, a waiting list will be kept. The person at the top of the waiting list will be contacted if a roster spot becomes available.
9. Once a team has practiced for two weeks or played any regular season games, participants are not allowed to switch rosters and play for an other Brighton Youth Sports team in the same sport.
10. Participants must not change teams without the express permission of the youth sports coordinator. Coaches do not have the authority to transfer players to different teams.



Youth Programs

Birthday Party Information

Let us help plan your child's birthday celebration. Birthday parties are held Saturday and Sunday from 1:00pm–2:00pm with swimming from 2:00pm–4:00pm. Parties are for youth 12 years and under and for 16 people total.

Package A

Solid Party – Color choices: Pink, Purple, Yellow, Blue, Red, White, Orange or Green (1 or 2 colors per party.)
Cost: \$80.00 plus deposit for 16 people

Package B

Theme Party Examples: Go Diego! Dora the Explorer, Princesses, Curious George. Themes subject to change depending on availability.

Cost: \$95.00 plus deposit for 16 people

Both packages include: Quarter-sheet cake in your choice of flavors, soda or apple juice, plates, cups, napkins, spoons, swimming cards and the right number of candles. Bring matches or lighter.

** All pool rules apply to birthday party participants.*

Upgrade to a Cold Stone Creamery ice cream cake.

Choose One of Each:

Cake Flavor:

Vanilla, Chocolate or Marble

Ice Cream Flavor:

Vanilla, Chocolate or Oreo

Package A: Add \$ 10.00

Package B: Add \$ 15.00



UPDATES!

To get updates and reminders about youth programs and classes available through the Recreation Center



LIKE US on Facebook under
Brighton Recreation Center
Youth & Teen Dept

Parental Supervisory Rule

For the safety of your child at all aquatic facilities in the City: Children 6 years and under must be accompanied by a supervisor in the water, 16 yrs. or up when in the pool. Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck. Adult to child under age 6 ratio not to exceed 1 adult to 3 children.

- Call (303) 655-2200 for more information and reservations
- Make your reservations at least two weeks prior to party date
- A \$50.00 damage deposit is required at the time of reservation
- Remember to bring locks for the locker room



KIDS CORNER

Monday through Friday	8:00am - 11:30am
Saturday	8:00am - 11:00am
Monday through Thursday	5:30pm – 8:30pm

- Kids Corner provides supervised child care for children 6 months through 7 years of age.
- Child care is available for children while parents are using the Recreation Center.
- Parents need to register their children upon arrival.
- Reloadable Child care punch cards are available for purchase at the front desk and reloadable in 2, 5 or 15 hour cards.
- Only punch cards are accepted in child care; No cash.
- Cost is \$1.50/hour per child
- There is a 90-minute time limit per visit.
- Please bring a labeled drinking cup or a water bottle and a snack for your child

Youth Programs

Preschool Age Programs

These revamped programs provide a great opportunity for children to engage with peers in a supervised group environment that encourages creativity, interaction, socializing, problem solving and communication. Children are lead through different activities to enhance fine and gross motor skills with age appropriate games, stories, songs, crafts and worksheets.

Wee One's

Through the exploration of various games, crafts, books and activities, we focus on individual and group socialization plus cooperative play in a fun and colorful setting. Parents must remain in the building during this program.

Min/Max: 6/8

Age: 2.0-3.0 yrs

Cost	Day	Date	Time	Session
\$36	Tue/Thu	Jan 6-Feb 12	8:30-9:15am	410003A
\$30		Feb 17-Mar 19		410003B
\$36		Mar 31-May 7		410003C

ABC's & 123's

This class prepares little ones for pre-school with first learning basics for a successful classroom environment such as holding a pencil, sitting with a group and at a table, participating, listening, sharing and instruction. Children learn socialization skills, numbers, colors, letters and much more. Activities include arts and crafts, games and songs. Send your child with a small snack daily.

Min/Max: 6/10

Age: 3.0-4.0 yrs

Cost	Day	Date	Time	Session
\$76	Tue/Thu	Jan 6-Feb 12	9:30-11:30am	410004A
\$63		Feb 17-Mar 19		410004B
\$76		Mar 31-May 7		410004C

Kinder Prep

Not ready for kindergarten yet? This program reinforces classroom etiquette and socialization skills while providing a more intricate look at concepts such as patterning, categorization, rhyming and scissor skills while still exploring letters, numbers and shapes in a fun and structured environment through activities, crafts, games and songs. Send your child with a small snack daily.

Min/Max: 6/10

Age: 4.0-5.0 yrs

Cost	Day	Date	Time	Session
\$108	Mon/Wed/Fri	Jan 5-Feb 13*	9:00-11:00am	410021A
\$90		Feb 18-Mar 20**		410021B
\$115		Mar 30-May 8		410021C

*No class on Jan 19 **No class on Feb 16

For All Classes Listed In this Section:

- Children must be toilet trained to attend ABCs/123s and Kinder Prep and in a pull-up for the Wee Ones program.
- All classes are held at the Rec. Center unless otherwise noted
- The stated age requirement must be reached by the date of the first class

Kitchen Basics for Kids

Our young friends are introduced to basic concepts such as ingredients, measuring, mixing and instructions by creating items from no bake snacks to beverages and various kinds of playdough.

Min/Max: 6/8

Cost: \$15.00

Age	Day	Date	Time	Session
4-6 yrs	Tue	Feb 3, 10, & 17	5:30-6:30pm	410031A
		Mar 3, 10 & 17		410031B

Kids in the Kitchen!

Kids will learn about kitchen safety practices, food preparation, ingredients, measuring, following recipes, proper use of kitchen tools and appliances. The class also enjoys sampling the treats they make and taking home recipes.

Min/Max: 6/8

Cost: \$25.00

Age	Day	Date	Time	Session
7-12 yrs	Wed	Feb 4, 11, & 18	5:30-7:30pm	410030A
		Mar 4, 11 & 18		410030B

Youth Programs



Family Archery Workshop with Cabelas

Archery is one of the hottest trends lately with great reason. Learning how to shoot a bow is an amazing workout and a fun activity for the entire family. We are partnering with Cabela's to offer a hands-on seminar that covers the ins and outs of getting started in archery. First, classroom discussion to touch on safety, target practice and hunting basics and then head to the indoor range and get first-hand experience shooting with an expert. Cabela's is located at 14050 Lincoln St, Thornton, CO 80023 Phone:(303) 625-6100

Min/Max: 6/16

Cost: \$2.00/person

Age	Day	Date	Time	Session
8+ with adult	Wed	Feb 11	6:30-8:30pm	410027A

Positive Solutions for Families

Parents will learn how to promote children's social and emotional skills; understand challenging behavior; use key strategies to address the behaviors and implement positive approaches to help children learn appropriate behavior. The program is targeted to those with children in the age range of birth to age 5 but the techniques apply to children through elementary school age. For information and to register, contact Julie Roberts: JRpositivesol@gmail.com or 303-862-6320. Note: Child Care is not available on site for parents enrolled in this program.

Min/Max: 10/15

Cost: \$100 per family plus \$10 for workbook

Age	Day	Date	Time
18+	Wed	Feb 4-Mar 18*	6:30-8:30pm

*No class Feb. 25

FUNSHINE

Summer Program



Funshine Summer Program 2015

Funshine is an affordable state licensed program that offers care for school age children. Kids participate in arts, crafts, games and sports along with weekly swimming and field trips. Registration begins in April. A non-refundable \$100.00 deposit is due upon registration to reserve a spot.

ALL participant information including 2015 immunizations, emergency contacts, allergies, medical/dental providers, swimming ability and t-shirt size is required in order to register. Immunizations required annually. Registration packet will be available early April. Complete information will be included in the Summer 2015 brochure.

Age	Date	Time	Cost
6-12yrs	Jun 1-Jul 24	8:30am - 4:00pm Regular Hours	\$575.00 + 27J User Fee
6-12yrs	Jun 1-Jul 24	7:30am - 5:30pm Extended Hours	\$765.00 + 27J User Fee

* Dates and prices not confirmed at time of publishing. Complete information will be available in Summer 2015 Brochure.

Gallery On the Go - Kids n'Canvas

Join us for a Kids n'Canvas Painting Party! We'll paint a fun themed painting, play games, jam to the music, and enjoy some refreshments. This is not a painting class; it's a PARTY! Bring your kids and their friends! Kids love to paint and be creative. We'll show them easy step by step instructions for a fun piece of art they can be proud of! All supplies and refreshments are included. For more information please go to mandy@galleryonthego.net.

Min/Max: 7/15

Cost: \$17.00

Age	Day	Date	Time	Session
6-12 yrs	Wed	Jan 14	6:00-8:00pm	410026A
		Feb 11		410026B
		Mar 11		410026C
		Apr 8		410026D

Youth Programs



Dance Programs

Jazz & Hip Hop Mix

Dancers will engage in Lyrical Jazz technique as well as fun Hip Hop steps! Attire: comfortable clothing; bare feet & sneakers.

Min/Max: 5/14

Cost: \$92.00

Age	Day	Date	Time	Session
3-5yrs	Sat	Jan 10-Mar 14	2:45-3:25pm	410001A
		Apr 4-Jun 6		410001B
5-8yrs		Jan 10-Mar 14	2:00-2:40pm	410001C
		Apr 4-Jun 6		410001F

* Includes recital and costume



Dance Combo

Dancers will focus on Ballet, Tap & Jazz technique. Attire: Leotard and tights, ballet shoes & tap shoes.

Min/Max: 5/14

Cost: \$92.00

Age	Day	Date	Time	Session
3-5yrs	Sat	Jan 10-Mar 14	11:45am-12:25pm	410001D
		Apr 4-Jun 6		410001E
5-8 yrs		Jan 10-Mar 14	1:15-1:55pm	410001G
		Apr 4-Jun 6		410001H

* Includes recital and costume

Ballerinas

Calling all Ballerinas! Dancers will learn Ballet basics and dance to fun music. Attire: Leotard, tights & ballet shoes.

Min/Max: 5/14

Cost: \$92.00

Age	Day	Date	Time	Session
3-5yrs	Sat	Jan 10-Mar 14	11:00-11:40am	410001P
		Apr 4-Jun 6		410001Q
5-8yrs		Jan 10-Mar 14	12:30-1:10pm	410001R
		Apr 4-Jun 6		410001S

* Includes recital and costume

Youth Programs



We are pleased to announce hands-on science workshops and camps that include exciting experiments and interactive participation! Register early; space is limited.

These activity-based workshops are designed to get kids energized and excited about space science and exploration and participate in hands on experiments.

All workshops are \$21.00 or 2 for \$38

Rocket Blast Workshop

This is SpaceTime's "Best Of" rockets and space mission workshop. It combines the most popular elements of our three other rocket science programs into one hands-on, fun-packed rocket building and launching adventure and includes lots of all new elements for hours of serious rocket craziness. It also includes lots of new elements associated with real space missions including the Pluto New Horizons mission, the Mars Curiosity mission and many others developed through our NASA Science Educators program.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Jan 17	9:00 - 11:00am
		Feb 14	11:30am - 1:30pm
		Apr 18	9:00 - 11:00am

Alien Invasion Workshop

THE ALIENS ARE COMING, THE ALIENS ARE COMING!! This workshop takes kids on a virtual space mission to search for alien life on some of the new worlds that have been discovered outside our solar system as well as on a few of the worlds INSIDE our solar system. They will get to do science fly-bys over the moons Titan & Europa, take an interstellar voyage to a distant star to see if its worlds may contain life and, to bring things back home, they will get to put on their space science hats for some extraterrestrial classroom experiments.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Feb 14	9:00-11:00am
		Mar 7	11:30am-1:30pm

Martian Mayhem Workshop

With SpaceTime's **Martian Mayhem** workshop kids will get to join the rovers and satellites at Mars in the search for life on the Red Planet. They will design their own Mars science bases and, piloting their own virtual Mars rovers, they will test out their skills at figuring out where Martian life might be hiding. And, through exciting, hands-on experiments, see if they can find signs of Martian life right in the classroom.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Jan 17	11:30am-1:30pm
		Mar 7	9:00-11:00am
		Apr 18	11:30am-1:30pm

I Want to Be an Astronaut Workshop

half day or full day option

With SpaceTime's **I Want to be an Astronaut** camp kids get to see and feel what it is like to train for launching into space and exploring the planets, moons, comets & asteroids of our Solar System. They will learn about the programs and facilities that NASA uses to get astronauts ready for space travel, design their own space missions including their space suits, rockets & destinations, try out their planet walking skills in our Micro Gravity Boots, experience a simulated rocket launch and more.

Min/Max: 5/12

Age	Day	Date	Time
6 - 12 yrs	Mon-Fri	Mar 23-27	9:00am-5:00pm - \$200 9:00am-12:00pm - \$135

Register for SpaceTime Workshops

To register for the listed SpaceTime Workshops,
please contact them at **720.851.7700** or at **www.spacetimekids.com**
For information regarding their programs, email **info@spacetimekids.com**

Youth Programs



**Join us for a night of fun.
Bring your friends and
make new ones, too!**

Call (303) 912-5763



Our programs provide
a safe, supervised environment
for kids ages 7-14
to be active, have fun,
make friends, and win prizes!

Games. Prizes. Music. Contests. Swimming.
Snacks, drinks and prizes available for purchase.

Brighton Recreation Center
555 North 11th Ave, Brighton, CO
Fridays. 7 - 10:30 p.m.
Admission: \$10 per person



www.kidsniteout.org

Teen Programs

Follow Your Path! Discover your Passion! Enrich your Life!
Minimum day activities at the Rec Center. You've got some time and we've got stuff to do!

Teen Nutrition – Smart Snacking

Between school, homework, sports and even your after school job or hanging out with friends, it may feel like there is no time for healthy eating. In fact, if you have that hectic schedule, it is even more important that you give yourself the fuel you need to keep up your energy, and your mind alert without taking up too much of your time.

Min/Max: 4/6

Cost: \$10.00

Age	Day	Date	Time	Session
12-15 yrs	Wed	Jan 5	4:00-5:30pm	410122

Location: Brighton Recreation Center

Cops vs. Kids

Come with us to Commerce City to join their kids and create teams to play against members of their police department. Be a part of a tradition they've had for years and battle it out for bragging rights. Transportation included; meet at the Recreation Center. Bring a lunch or snacks.

Cost: \$2.00

Age	Game	Day	Date	Time	Session
9-17 yrs	Basketball	Fri	Feb 20	3:30-7:30pm	410125A
	Ultimate Frisbee		Apr 10		410125B

Location: Brighton Recreation Center

Introduction to Ceramics

This is a fun after school activity. Choose your project from a variety of pieces that are right for kids who are newcomers to the art of pottery. Create your own handmade items to give as gifts for Valentine's Day for your family or friends, or start throwing on the wheel with instructor assistance to make a bowl, cup or a plate. Supplies, firing and tools are included.

Min/Max: 4/8

Cost: \$10.00

Age	Day	Date	Time	Session
10-15 yrs	Wed	Feb 4, 11	2:30-5:30pm	410111A

Location: Brighton Recreation Center

BUILD ASSETS TODAY!

We provide positive ways to use free time.
Learn a new sport – check out a new game!



Night of the Stars Talent Show Coming in February 2015

Night of the Stars" talent competition for youth in grades K-12.

Tryouts: Tryouts will take place at the Brighton Recreation Center on January 22 from 5:30-8:00pm. There is a \$6.00 audition fee.

Local Competition: The local competition will be held at The Armory at Brighton Cultural Center on February 6.

State Level Competition: Top rated acts at the local competition will be chosen to compete at the State level on March 8 at Northglenn Recreation Center.

Session: 410109 A

For more information please contact the Teen Office at the rec center at (303) 655-2207.



NOTE:

Some Teen activities may not be listed in the Brighton Brochure but posted on our Facebook page. Get on Facebook and **LIKE US** there to keep posted on events!

Teen Programs

TEEN LIFESTYLE... Out of the Ordinary Activities

BASKETBALL, BASEBALL, SOCCER ... we love them. They keep our teens physically fit, teach healthy competition and encourage good sportsmanship, but everyone can benefit from a change now and then. Teen Lifestyle offers a recreation program especially for teens. The Brighton Teen Program offers teens between the ages of 12-18 years a choice of fun activities to help them become more confident, healthy and active young people.

Teen Adventure Series (Colorado Youth Adventures)

National Western Stock Show

Join in for a taste of the West. Head out to the 2015 National Stock Show for a day of riding, roping and yee haws! Fee includes general admission and a ticket to the Wild West Show.

Min/Max: 4/6

Cost: \$25.00

Age	Day	Date	Time	Session
11-18yrs	Sat	Jan 17	2:00-8:00pm	410124A

Skiing & Snowboard Trip at Eldora

It's President's Day at Eldora Mountain Ski Resort. We will have a full day of skiing or snowboarding. Bring money for lunch. Pre-registration by February 6th is required. Participants must be 12 years of age to attend this trip.

Min/Max: 4/6

Cost:

Lift ticket only: \$49.00 410106A

Lift ticket & rental equipment: \$73.00 410106B

Lift ticket, rental and two hour lesson: \$89.00 410106C

Age	Day	Date	Time	Session
12-15yrs	Mon	Feb 16	6:30am-5:30pm	410106

YMCA of the Rockies (Snow-Shoeing)

Visit to the Stanley Hotel for a Tour

Let's take a trip up the hill to Estes Park. We will begin our day with some snowshoeing in Rocky Mountain National Park. Pack a lunch and we will eat on the trail. After lunch we will head to the Stanley Hotel for an out of this world "Haunted Tour".

Min/Max: 4/6

Cost: \$30.00

Age	Day	Date	Time	Session
11-18yrs	Sat	Mar 14	8:30am-5:30pm	410124B

Are we going? Register today!

Don't wait! If a minimum enrollment is not met on time, a class may be canceled. Cancellation is 5 days before the scheduled event.

Teen Break Escapes

American Paintball Coliseum

26,000 feet of indoor paintball mayhem. Two large indoor paintball, airsoft and laser tag fields. Are you in?

Min/Max: 4/8

Cost: \$30.00

Age	Day	Date	Time	Session
12-15yrs	Sat	Jan 10	12:30-5:30pm	410123A

Location: Meet at the Recreation Center

Indoor Skydiving at Sky Venture

A free-fall adrenalin rush. No airplane necessary in this vertical wind tunnel. Meet at the recreation center.

Min/Max: 4/8

Cost: \$65.00* (waiver required)

Deadline to register: February 7

Age	Day	Date	Time	Session
12-15yrs	Sat	Feb 14	9:30am-2:00pm	410123C

* Cost includes an instructional session before diving.

Gallery On the Go Children & Adult Classes:

Not a painting class; it's a PARTY! In just 2 hours, a trained Gallery Guide will instruct a pre-selected piece of artwork while guests enjoy painting and spending time with friends and family. Guaranteed to bring out creativity, fun and laughter! Limited seating! But don't worry - you don't need to be an artist to have fun...it's the "Art of Socializing!" www.GalleryOnTheGo.net

- Easy step-by-step instructions!
- All supplies and snack included!
- Aprons are provided but please wear paint clothes
- Reserve your spot today!

Min/Max: 7/10

Age: *Adult 18+

**Youth 6-13yrs

Class	Day	Date	Time	Cost	Session
Daddy/Daughter Date Night	Fri	Jan 16	6:00-8:00pm	\$22* \$17**	210006A
Family Valentine's Painting Party	Sat	Feb 14	10:00am-12:00pm	\$22* \$17**	210006B
Spring Break Fun	Tue	Mar 24	1:00-3:00pm	\$17** (youth only)	210006C
Coffee'n Canvas Painting Party *	Sat	Apr 11	10:00am-12:00pm	\$35* (Adults only)	210006D

Teen Programs

PAINTIN' THE FENCE

(A Tom Sawyer Musical Adventure)



Mark Twain's famous Tom Sawyer adventures are told in this delightful, mini-musical. This show sparkles with Mark Twain's timeless wit and humor winding up with the suspenseful life or death battle with Injun Joe.

Cost if cast:

\$55; \$75 costume option

Audition:

Feb 21 noon to 3pm at the Brighton Rec Center

Rehearsal begin date:

Feb 28

Performance:

April 24, 2015 @ 6pm at the Armory

Age	Day	Date	Time	Session
8-15yrs	Fri	Apr 24	6:00pm at the Armory	410121A

Location: Rehearsals are at the Recreation Center; performance is at the Armory (300 Strong Street)

EGGSTRAVAGANZA

Easter Eggstravaganza

Mark your calendar – March 28! Pitch in and help with this big event. Earn community service credit or rec. dollars. City-wide Easter Egg Hunt with 12,000 eggs, prizes and pictures with the Easter Bunny and other costume characters to provide a festive atmosphere.

OUTDOOR EVENT – Please dress for the weather!!

Pick up application at the recreation center or call (303) 655-2207 for volunteer application.



Rent-A-Teen Partnerships

Community teens are available to assist with babysitting, lawn care, house cleaning, flyer distribution, pet care or other jobs around your house or business. Partner with a teen! Call us at 303-655-2207.

Age	Location
12-18yrs	Applications available at the rec center

Rent-A-Teen is an Information Service only. The City and Recreation Center accept no liability for the actions of persons involved in this program and does not guarantee the performance of teens listed in this service.



CONTACT US



Gotta Stamp?

Brighton Recreation Center
555 N. 11th Ave, Brighton, CO 80601



Wanna Call?

Teen Office: (303) 655-2207
Teen Hotline: (303) 655-2223



Email?

randerson@brightonco.gov



Website

www.brightonco.gov
Go to "Living Better in Brighton" under Teens



Facebook

LIKE US ON Facebook under
"Brighton Recreation Center Youth and Teen Dept"

General Interest Classes

Baby-Sitters Course

How to handle emergencies is just one of the many things Supersitters learn in a baby-sitter certification class offered by the American Heart Association. Boys and girls learn safety techniques, how to prevent accidents, job-hunting skills and how important they can be to the children they watch. **Please bring a lunch to this class.** Instructors are certified in Basic Life Support, Early Childhood Education and much more.

Min/Max: 5/20

Cost: \$55.00

Age	Day	Date	Time	Session
11-15yrs	Sat	Feb 21	9:00am-3:00pm	210001A
		Apr 18		210001B

Hunter Safety Education

Complete this course to qualify for a Hunter's Safety Certificate, which is required to purchase a hunting license in Colorado. Attendance is required to ALL classes. The final day will be held at the Division of Wildlife Range. **Please bring a sack lunch.** Hunter Safety cards will be issued upon completion.

Bill Newman 303-507-1687 / www.coloradosafehunter.org

Min/Max: 5/25

Cost: \$10.00

Age	Day	Time	Session
Able to read	Mar 14	9:00am - 4:30pm*	210024A
	Mar 15	10:00am - 12:30pm* 6:00-8:00pm ** Range	
	Internet-Based Class		
	Feb 28	12:00-4:30pm* 6:00-8:00pm** Range	210024B

Location: * Brighton Police Department, 3401 E. Bromley Lane

**Division of Wildlife Range, 6060 Broadway, Denver, CO 80216

Jujitsu Classes

Beginning students will be taught basic self-defense, falling techniques, hand and arm holds. Continuing students will learn the techniques such as throws, locks, joint manipulation, ground fighting, weapon defense as well as stick and knife fighting. Uniform (Gi) are required.

Chris Love at 720-201-8145 / www.coloradokodenkan.com

Min/Max: 2/20

Cost: \$75.00 Adult/\$55.00 Child

Age	Day	Date	Time
6-13 yrs (Child)	Mon & Thu	monthly	6:00-7:00pm
13+ (Adult)			7:00-9:00pm

CPR/Adult First Aid/AED

This class will teach the skill and instruction needed to perform in case of an emergency such as: rescue breathing, choking, adult, child and infant CPR, control bleeding, care of a fracture and other injuries that may occur. Classes fulfill all requirements for those certified as Foster Parents, Group Homes, Child Cares, Day cares, and Elder Care facilities. This class is a great resume skill and having this knowledge may save someone's life.

2 year certification.

Min/Max: 3/20

Cost: \$75.00 (\$55.00 CPR or First Aid only)

Age	Day	Date	Time	Session
11+	Sat	Feb 14	9:00am-1:00pm	210002A
		Mar 14		210002B
		Apr 25		210002C

Driver's Education Class

This class is designed for adolescences age 14+ to take a 30 hour Driver's Education Class. Elite Driving Academy is a Colorado Department of Revenue approved driving school. This class includes a permit test, and lunch will need to be brought to the class. **Must attend all classes.**

Brenda Pippin 720-388-0709 / pippin2009@hotmail.com

Min/Max: 15/25

Cost: \$125.00

Age	Day	Date	Time	Session
14 & 7 mos	Sat, Sun Mon, Tue	Mar 21, 22, 23, 24	7:30am-3:45pm 10am-5pm (Sun only)	210013A

*All classes unless indicated otherwise are held at the Brighton Recreation Center

Latin Dance Sampler

Come join us for a fun hour of Latin Dance! Salsa, Merengue, Cha-Cha and more...Casual dress and secure dress shoes are recommended. Beginners welcome/partner not required.

Min/Max: 6/20

Cost: \$40.00

Age	Day	Date	Time	Session
16+	Sat	Jan 10-31	4:30-5:30pm	430011A
		Feb 7-28		430011B

Ballroom Dance Sampler

Calling all dancers for Waltz, Tango, Fox Trot and more...Casual dress & secure dress shoes are recommended. Beginners welcome/partner not required.

Min/Max: 6/20

Cost: \$40.00

Age	Day	Date	Time	Session
16+	Sat	Jan 10-31	3:30-4:30pm	430011C
		Feb 7-28		430011D

Fitness & Wellness Classes

Basic Yoga: Move through a series of poses, the movements and the breath are continuous. This mild stretch and Yoga class is designed to calm and strengthen the body.

Barefoot Barre: A high energy, no impact workout, fusing the principles of Ballet and Pilates with resistance and isometric training performed in an interval, weight bearing format at the ballet barre, on the mat and fitness tools. Barre is a great, full body that targets arms, abs and of course, thighs and butt. Meet you at the Barre.

Dance Fusion: Like to dance? This class combines different styles of cardio dance, learn basic dance technique while toning and conditioning the body focusing on full body coordination and balance, then wrap up the class with a cool down and stretching. If you are interested in learning how to dance and get in shape while doing it, this is the class for you!

Bootcamp (No Choreography): Bootcamp mixes traditional calisthenics and body weight exercises with interval training and strength training. This challenging class pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp.

Cardio Pump: Want to lose weight and shape muscles? This class does it all. The class will switch back and forth between muscle work and cardio intervals. Come and see what you can do!

Chisel: A total body strength training class using weighted barbells with multi joint movements for a full body workout that burns fat while building muscle.

Core Cuts: Bands and Balls are used in the class to help you cut out that Core! This is a 30 minute class that helps strengthen the abdominal area.

CRT Circuit: Cardio Resistance Training - Come challenge the whole body while moving from one timed station to the next. No choreography in this action packed workout. Benefits: burns calories, builds muscle, cardiovascular health and boosts endurance.

Hip Hop: Come experience where Hip Hop dance and fitness collide. Learn today's hottest hip hop moves while enjoying the benefits of a fun, dynamic workout that tones muscles and develops core strength. Dance your way to a healthier body in this one hour high-energy class while improving your level of fitness. This class is designed for all fitness levels.

Intermediate Step: The instructor leads you through choreographed step workout that will challenge the body and keep the metabolism revved up. Some step experience recommended.

Nia: Fun, non-impact, high-energy movements conditions your body, mind, emotions, and spirit. Moves and music inspire joy, the choreography draws from a blend of dance arts, martial arts, and healing arts.

Pilates-Pluss: It's like Pilates®, but with more fitness tools. Core conditioning, classic mat work and specific choreographed sequences that lengthen and strengthen the muscles.

Rip'N Cycle: A 30 minute power packed class. 15 minutes of cycling and 15 minutes of TRX® Rip Training system. This class will burn body fat, boost your metabolism while increasing muscle endurance. Train in 3D to build rotational power and help reduce back injuries.

Stretch & Roll: Benefit from the use of foam rollers. This class will help you ease sore muscles and increase flexibility.

Zumba Toning: When it comes to body sculpting, Zumba® Toning raises the bar. Use light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast.

Back to Balance: This class improves balance, posture and functional strength. The use of various types of balancing fitness tools and dynamic cardio movements will strengthen your core and strengthen your heart.

Total 30: This challenging 30 min strength class will strengthen every muscle group. Weight Training is proven to increase metabolism and burn body fat.

Zumba: Zumba combines Latin and international music to make a hip shaking calorie burning workout.

50/50 Mix: This class will take you through a mix of high energy dance fitness that will end with exercises that sculpt and tone your body. This class will help you burn calories, sculpt and tone your body to a new you.

Total Body Conditioning (No Choreography): Strengthen both cardiovascular & muscular systems with the use of free weights, resistance, tubing, body bars & floor exercises. Weights & various fitness tools will be used in the class.

Weekend Warrior: This class is a mix of body weight training, cardio burst and strength training. You will work every muscle group in for a full body workout. This format will vary each week to constantly keep your body changing. No Choreography.

Due to trends and demands in fitness, the drop-in schedule is regularly updated. For the most up to date schedule please visit brightonco.gov/fitness schedule or contact the BRC at 303.655.2228

Ages 12+ are welcome to attend our Fitness classes with an adult. Ages 12-14 yrs are permitted to use the weightroom with an adult after completion of our Youth Weight Room Orientation.

Fitness & Wellness Classes

SilverSneakers®

SilverSneakers® Fit: Designed for active adults who desire a safe and effective low-impact cardiovascular workout. Hand held weights, elastic tubing with handles are used for progressive resistance training. Chair can be used for stability and/or support for upper body strength exercises and abdominal conditioning. (Level 2)

SilverSneakers® Classic: A full body workout using a chair for seated and standing support. Muscular strength and range of movement conditioning is done at a very beginning level. A variety of strength and balance exercises are done using body weight, hand held weights, balls and elastic tubing with handles. (Level 1)

SilverSneakers® Yoga: This class challenges you with a variety of simple and safe yoga exercises you do at your own pace. Using a chair for support, increase flexibility, build endurance and learn how to relax and think more clearly. (Level 1)

CYCLING CLASSES

Cycling: Come torch calories and ride with us! This Indoor cycling class is an hour long and allows you to be in control of your intensity and resistance. Burn body fat and start working on muscle endurance.



WATER FITNESS

H2O Fitness: Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Come join the Party!

SilverSneakers® SilverSplash: SilverSplash® offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Deep Water: This non-impact deep water class incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. Participants should be comfortable in deep water.



Find us on Facebook under
"Brighton Recreation Center Fitness Dept. "



"Brighton Recreation Fitness"

Fitness & Wellness Classes

Child Care Hours

Ages 6 months through 7 years old

Mon-Fri	8:00-11:30am
Mon-Thu	5:30-8:30pm
Sat	8:00-11:00am

FREE Weight Room Orientations

Learn to safely use cardiovascular equipment and weight machines. Please contact the Fitness Office to schedule your appointment. 303.655.2228

Personal Training

Each body type is unique and requires a different kind of training method to reach optimum health and fitness. A certified personal trainer can gauge your current fitness level, discuss your goals and develop a program tailored to meet your specific needs. Work one-on-one with a personal trainer to meet your fitness goals.

Sessions are one hour each. Each registration includes a 30 min orientation and assessment with your Trainer to discuss your goals.

Age	Session#	Cost
Adult/ Youth	PTPP1	\$36.00 for 1 Session
	PTPP3	\$96.00 for 3 Sessions
	PTPP5	\$150.00 for 5 Sessions
	PTPP10	\$280.00 for 10 Sessions

Minimum of 3 hours is required for initial package purchase.

Note: A medical consultation and a verbal physician's release is required. (Forms are available at the Recreation Center)

Semi-Private Personal Training

Work out with a friend while still reaping the benefits of a Personal Trainer. Semi-Private training provides the same benefits as our personal training program, but you can do it with a friend at a lower session rate.

Sessions are one hour each. Each registration includes a free orientation and assessment with your Trainer to discuss your goals.

Age	Session#	Cost per Participant
Adult/Youth	SPTPP3	\$42.00 for 3 Sessions
	SPTPP5	\$72.00 for 5 Sessions
	SPTPP10	\$142.00 for 10 Sessions
	SPTPP15	\$214.00 for 15 Sessions
Group of 3	GROUPT15	\$143.00 for 15 Sessions

Note: A medical consultation and a verbal physician's release is required. (Forms are available at the Recreation Center)

Body Composition Testing

Research shows percentage of body fat is the most accurate indicator of fitness and health. We use the Eletrolipograph (body composition test) to measure the percentage of body fat and lean muscle mass. The number of calories that are burned in a 24hr period is different for everyone. This test allows us to see how many calories your body needs in a 24hr period based on your lean body mass. Please contact the Fitness Department for more information 303.655.2228.

Age	Session Name	Cost	Session
18+	Accurate Body Composition Assessment	\$15.00	510204A

Nutrition Intuition Seminar

Come and sample healthy foods & take home some healthy recipes. Educate yourself about the benefits of Eating Clean. This seminar will also help you understand why you need the proper amount of protein, carbs and healthy fats to achieve your goal.

Min/Max: 4/25

Cost: \$10.00

Age	Day	Date	Time	Session
15+	Sat	Jan 24	11:30am-1:00pm	511008A
	Wed	Mar 18	6:30-8:00pm	511008B

Foam Rolling "Hands on Seminar"

Participants will receive education on self-myofascial release, usage and instruction.

Benefits of Foam Roller Technique

- Increased strength
- Injury Prevention
- Faster workout recovery
- Increased athleticism
- Improved Balance and stabilization
- Improved postural alignment

Min/Max: 3/10

Cost: \$10.00

Age	Day	Date	Time	Session
15+	Wed	Jan 21	6:30-8:00pm	511010A
		Apr 8		511010B

Give it a TRI

Come and get those first time jitters out in our mini Triathlon. This event is great for beginners to experience the thrill of a Triathlon in a laid back atmosphere.

- 300 Yard Swim (8 lengths)
- 6 mile Indoor cycle
- 1 mile Outdoor Run

Min/Max: 5/40

Cost: \$15.00

Age	Day	Date	Time	Session
12+	Sun	Apr 26	8:00am	511007

Fitness & Wellness Classes

Personal Training with a Purpose - Train for an EVENT

Train for an event! Achieve that goal! Be successful! Achieve your fitness goals with the latest training techniques. All of the BRC Personal Trainers are certified by a national organization. Our trainers are here to support, guide and prepare you for a successful event and to reach your training goals. The following group trainings meet with a personal trainer in small groups of 3 to 5 participants twice a week for 8 weeks (16 sessions).

Run a 5k – Your trainer will guide you through a program that will help you complete a 5k. Already ran a 5K? Our programming can help you achieve that new personal record. This program will consist of running exercises such as steady state, intervals and lactic threshold runs. This program will help you train consistently. Every session will end with running, specific weight training and stretching. Groups will complete a 5k run together at the end of the program.

Sprint Triathlon– Swimming, biking and running is all a part of your programming. Train with your trainer to complete a local Sprint Tri. Your trainer will take you through an 8 week training program to help you be successful. Groups will complete a Spring Tri at the end of the program.

Min/Max: 3/5

Cost: \$125.00

Age	Personal Training with a Purpose	Day	Dates	Time	Session
Adult/Youth 15+	Run 5K	Tue/Thu	Jan 20-Mar 12	5:45-6:45am	510304A
	Run 5K	Mon/Wed	Jan 19-Mar 11	8:30-9:30am	510304B
	Run 5K	Mon/Wed	Jan 19-Mar 11	5:30-6:30pm	510304C
	Run 5K	Mon/Wed	Mar 16-May 6	8:30-9:30am	510304D
	Run 5K	Mon/Wed	Mar 16-May 6	6:30-7:30pm	510304E
	Run 5K	Tue/Thu	Mar 17-May 7	5:45-6:45am	510304F
	Sprint Tri	Mon/Wed	Mar 2-Apr 22	5:45-6:45am	510304G
	Sprint Tri	Mon/Wed	Mar 2-Apr 22	9:30-10:30am	510304H
	Sprint Tri	Mon/Wed	Apr 20-Jun 8	5:45-6:45am	510304I
	Sprint Tri	Mon/Wed	Apr 20-Jun 8	6:00-7:00pm	510304J
	Sprint Tri	Tue/Thu	Apr 21-Jun 9	10:00-11:00am	510304K

Please contact Carla 303-655-2228 if you are interested in joining a group at a different time. **

Introduction to Weight Training

This class is intended for people who are new to weight training and need or want to develop muscle tone, increase strength or lose weight. You will learn the fundamentals of form and how to select proper weight amounts. If you are trying to achieve a weight loss goal or have been told by a Physician or Physical Therapist to “Get Moving” this small group is for you! You will end this program confident in your weight training ability and ready to use the trainer taught education and programming. (8 Group Personal training Sessions)

Min/Max: 3/5

Cost: \$65.00

Age	Day	Date	Time	Session
15+	Tue/Thu	January 6-29	4:30-5:30pm	510002A
	Mon/Wed	January 5-28	10:00-11:00am	510002B
	Mon/Wed	January 5-28	5:45-6:45am	510002C
	Mon/Wed	February 2-25	5:45-6:45am	510002D
	Mon/Wed	February 2-25	7:30-8:30pm	510002E
	Tue/Thu	February 3-26	10:00-11:00am	510002F
	Mon/Wed	March 2-25	8:00-9:00am	510002G
	Mon/Wed	March 2-25	4:30-5:30pm	510002H
	Mon/Wed	April 6-29	6:00-7:00am	510002I
	Tue/Thu	April 7-30	12:00-1:00pm	510002J

Youth Training & Fitness

Youth Weight Room Orientation

An introductory class, taught by a certified personal trainer that encourages positive body image and emphasizes a safe weight training environment. Junior passes will be given to those who successfully complete this course and may be used with adult supervision in the weight room. Class will cover: Weight Room safety, Safe lifting techniques, Etiquette and Weight Room Rules, and Proper use of Machines and Cardio Equipment.

Min/Max: 1/10

Cost: \$22.00

Age	Day	Date	Time	Session
12-14yrs	Thu	Jan 22	5:00-6:30pm	510305A
		Feb 19		510305B
		Mar 19		510305C
		Apr 23		510305D
		May 21		510305E
	Sat	Jan 24	9:00-10:30am	510305F
		Feb 21		510305G
		Mar 21		510305H
		Apr 25		510305I
		May 16		510305J

A weight card is **REQUIRED** for all youth under the age of 15 to use the weight room.



Youth Strength and Mobility

This program is geared towards young athletes that want to use weights and mobility exercises to help keep your body strong, flexible and injury free. This class will consist of weight training, agility and mobility exercises. Your trainer will teach you proper form and guide you through a sport specific program that will educate you and help you be more aware of how to take care of your body so that you can perform at an optimum level. (4 Sessions with Personal Trainer) ** If the following dates do not work for you please call the Fitness Dept for scheduling**

Min/Max: 2/6

Cost: \$44.00

Age	Day	Date	Time	Session
12-17yrs Coed	Mon	Feb 2-23	4:00-5:00pm	510103A
	Wed	Jan 7-28	2:30-3:30pm	510103B
	Fri	Apr 3-24	4:00-5:00pm	510103C
12-17yrs Coed	Sat	Jan 10-31	7:00-8:00am	510103D
		Apr 4-25		510103E
		Feb 7-28	1:00-2:00pm	510103F
		Apr 4-25		510103G

Women's Self Defense Class

Colorado Kodokan and Level 5 Combat Systems present hands on Self Defense class designed for women and teen girls. This is not a martial arts program, but it draws from 20+ years experience in various martial arts. The techniques are easy to learn and retain as well as very effective. Please dress in workout attire. This class will help you in the following areas:

- Improve Confidence
- Increase Awareness
- Learn to defend yourself
- Learn to protect yourself and those around you

Chris Love at 720-201-8145 / www.level5combatsystems.com

Min/Max: 5/20

Cost: \$40.00 Adult/

\$35.00 if signing up 2 or more participants

Age	Date	Day	Time
11+	Jan 10	monthly	9:00am-12:00pm
	Mar 7		
	Apr 4		

Youth Zumbatomic

A class for your kids that includes a mixture of free play and dance using free expression and creativity. The instructor will lead the class through periods of structured movements with breaks for fun and play all while listening to great music! Located in the Fitness Studio.

Min/Max: 4/15

Cost: \$25.00

Age	Day	Date	Time	Session
7-14yrs	Thu	Feb 5-26	4:30-5:30pm	510303A
		Apr 9-30		510303B

Mind & Body

Lunar Vinyasa Flow Yoga

Explore the powerful and naturally fluid movement of your untapped reservoir of energy and joy. You will learn to liberate poses that are often rigidly held and allow yourself to grow stronger and more flexible with grace. Bring your own yoga mat. This class will meet in Community Room 101.

Min/Max: 8/20

Cost: \$50.00
(drop in \$9.00)

Age	Day	Date	Time	Session
18+	Mon	Nov 24-Jan 19	6:00-7:15pm	510201A
		Feb 2-Mar 23		510201B
		Apr 6-Jun 1*		510201C
	Wed	Feb 4-Mar 25		510201D
		Apr 8-May 27		510201E

*No class on May 25

Vinyasa Flow

An invigorating and evolving class that will expand your knowledge of yoga postures. Guide your body through poses that are often rigidly held and allow yourself to grow stronger and more flexible with grace. Bring your own mat. This class will meet in Community Room 101.

Min/Max: 8/20

Cost: \$50.00
(drop in \$9.00)

Age	Day	Date	Time	Session
18+	Tue	Feb 3-Mar 24	9:00-10:15am	510202A
		Apr 7-May 26		510202B
	Thu	Feb 5-Mar 26		510202C
		Apr 9-May 28		510202D

Sunrise Yoga

Get a jump start on your day with an early morning yoga practice! This morning flow class is designed to awaken the body and mind. Class will be quick paced and will leave you calm and energized for entering your day. Bring your own mat. This class will meet in Community Room 101.

Min/Max: 8/20

Cost: \$50.00
(drop in \$9.00)

Age	Day	Date	Time	Session
18+	Tue & Thu	Feb 3-26	6:00-6:45am	510203A
		Mar 3-26		510203B
		Apr 7-30		510203C
		May 5-28		510203D

Personal Yoga Instruction

To register please contact Pam McNulty directly

Number of Sessions	Time	Fee
1	1 hour	\$55
3	1 hour	\$150
6	1 hour	\$270
1 (group: 2-4)	1 hour	\$70/group

Feel free to contact Pam McNulty at 303.884.8124 with inquiries or email at infiniteyoga@msn.com

****Participation is based on available space that day. If class minimums are not met 72 hours prior to the first class of the session, the session may be canceled.**

CHAIR MASSAGE

Session #511015

Brighton Recreation Center Lobby

Monday:

9:00-11:00am

\$10/10 minutes

Reserve your time online or at the BRC

MASSAGE THERAPY

now available

at the Brighton Recreation Center

Wednesday and Thursday Evenings

After 5:00pm

Call Laurie Maier
to schedule your appointment

303-667-5255

Fitness & Wellness Classes

Silver Boomers Weight Lifting

Healthy bones, strength and range of motion are essential to a happy and healthy lifestyle. This class is spent in the weight room learning how to correctly use the equipment for a safe and effective workout. A personal trainer will safely guide you through a workout each time your group meets. This senior class will be full of fun and knowledge. Come join the best of the best and become even better. **SilverSneakers® Members are FREE!**

Min/Max: 4/6

Cost: \$24.00

Sessions run the full month (includes a 50% senior discount)
SilverSneakers: FREE (Registration Required)

Age	Day	Date	Time	Session
50+	Tue/Thu (Level 2)	Jan 6-29	9:30-10:30am	510104A
		Feb 3-26		510104B
		Mar 3-26		510104C
		Apr 7-30		510104D
		May 5-28		510104E
	Mon/ Wed (Level 2)	Jan 5-28		510104F
		Feb 2-25		510104G
		Mar 2-25		510104H
		Apr 6-29		510104I
		May 4-27		510104J
	Tue/Thu (Level 1)	Jan 6-29	10:30-11:30am	510104K
		Feb 3-26		510104L
		Mar 3-26		510104M
		Apr 7-30		510104N
		May 5-28		510104O

*Note: A medical evaluation and physician's release is required.
If you plan on attending multiple sessions please register for those sessions so that your spot is reserved.*



Pickle Ball open gym is now offered!

A game for ages 12+ that combines the elements of tennis ping-pong and badminton. It's played on a court, like tennis but half the size, with a wiffleball and paddles. This sport is also offered at the Senior Games! Come and check out what it is all about. Stop by the BRC front desk for more information.

Drop-in Pickleball

Day	Time
Mon & Wed	9:00-11:00am (All Levels 2 Courts)

** Note: Times are subject to change. Please check with the Front Desk for more information.*



SilverSneakers® Is Here!!

**Contact the Brighton Recreation Center
for further details.**

(303) 655-2200

The BRC is proud to host the SilverSneakers Fitness Program. All of the BRC drop-in activities are free to Silver Sneakers members, including swimming, drop-in fitness classes, aqua fitness, cycling and Silver Sneakers

Classes welcome non-Silver Sneakers participants too!
Participants must complete an enrollment package before beginning classes.

Stop at the front desk for enrollment.

Adult Sports

**For information on
Youth Sports
see pages 15 - 19**

3 on 3 Men's Basketball Tournament

Sign up with two friends and play in a 3 on 3 men's basketball tournament. The games will be held at the recreation center. Trophy and T-shirts awarded for 1st and 2nd place. Each basket counts as one point. Games are Double Elimination Tournament to 11; must win by two baskets. **Deadline to register: January 19**

Cost: \$75.00/team

Age	Day	Dates	Time	Session
18+*	Sun	Feb 8	11:00am	631016A

*** Must be 18 years old and out of high school**

Spring Adult Softball

Play softball this spring! League play, both co-ed and men's rec. Eight weeks of play. T-shirt for 1st place individual. Teams: 8-16 people per team

Deadline for registration & fee payments: February 9*

* A \$25.00 late fee will be assessed for late registrations

Cost: \$325.00

Age	Day	Dates	Time	Session
18+	Tue & Wed	Feb 24 - Apr 14	6:30pm, 7:30pm or 8:30pm	610003A Co-ed 610003B Mens

Location: Brighton Sports Complex

Adult Team Co-ed Volleyball

For men and women to compete! Organize a team and enter now. This is a recreational league.

Teams: Min. 4/ Max. 9

Deadline to register: January 12

Cost: \$150.00

Age	Day	Dates	Time	Session
18+	Mon	Jan 19 - Apr 6	TBA	610005A

Location: TBA

Racquetball Courts Hours:

Day	Times
Monday through Thursday	5:30am - 9:00pm
Friday	5:30am - 6:30pm
Saturday	7:00am - 6:00pm
Sunday	10:00am - 5:00pm

Racquetball Lessons

Learn the basics and enjoy a fun and fitness oriented indoor sport that can be a lifetime activity. Beginner classes meet once a week for two weeks. The necessary equipment is provided. Lessons will be arranged by the instructor after registration. Protective eyewear must be worn.

Cost: \$16.00

Age	Day	Time	Dates	Session
8+	TBA	Instructor wil set up times	January	611015A
			February	611015B
			March	611015C
			April	611015D

Location: Brighton Recreation Center

Walleyball

An exciting game played similar to volleyball, but on a racquetball court. There are usually 2 or 4 players per side. Make court reservations by phone or in person at the front desk of the recreation center.

Racquetball Policies

- Reservations can be made by phone or in person
- You may reserve a court 48 hours in advance
- One reservation per person, per day
- No black handballs, racquetballs or non approved black soled shoes allowed on courts
- Wooden racquets are not allowed
- Protective eyewear is recommended for adults and is required for anyone 17 years of age and younger
- The City of Brighton reserves the right to schedule court time for lessons
- Racquetball racquets and eyewear are available for check-out with your Recreation Center Id card, Colorado Drivers License or Colorado Id
- Lessons are offered. Pre-registration is required
- Participants under 15 years of age must complete lessons before independent usage is allowed or must be accompanied by a parent or adult

Adult Sports

2015 SUMMER SOFTBALL

The City of Brighton offers a community softball program that includes:

- USSSA Sanctioned Leagues
- A 4 field, lighted complex
- 12 softball games – May through August
- Home Run restriction for Men's, Novice, Low Rec. and Mid Rec.
- First and Second Place Sponsor Trophies
- First place individual awards in each league

Summer Season: May 5 - August 6

Registration deadline: April 21

Adult teams may register early, starting February 1st at the Recreation Center
A tentative roster of at least 12 players must be submitted to acquire league position at the time of registration.

The City reserves the right to move teams to maintain balanced league integrity.

Teams are accepted on a first-paid, first served basis.

Fee Requirements: Adult Team \$475 per team

* A \$50.00 late fee will be assessed for late registration

**All leagues listed are for ages 18 and over

Play ball on one of these leagues!

Men's League

Tuesday Night	Novice	610011A
	Low	610012A, B
	Over 40	610013A
Wednesday Night	Novice	610007A
	Low E	610008A
	E	610009A
	Mid	610010A

CoEd League

Tuesday Night	Novice	610013B
Thursday Night	Novice	610014A, B
	Low E	610015A
	E	610016A
	Mid	610017A



Adult League Coaches Meeting will be held Tuesday, April 21 at 6:00 pm at the Brighton Recreation Center. A team representative should be present at this meeting.

Adult Sports

Adult Softball Registration Form

Please print and fill out registration information completely.

*All phone, mail-in & fax registrations must be paid by credit card.

Manager's Name _____ Date _____

Mailing Address _____

Home Phone _____ Work Phone _____

Check or Money Order made payable to **City of Brighton**

Driver's License No. _____ State _____ Expiration Date _____/_____/_____

Visa Card No. _____ Expiration Date _____/_____/_____

Mastercard No. _____ Expiration Date _____/_____/_____

Discover No. _____ Expiration Date _____/_____/_____

Signature _____

Please list Co-Ed or Men's night of week and level of play

Men's

Team Name: _____

Tuesday Night: ☐ Novice ☐ Low ☐ Over 40

Wednesday Night: ☐ Novice ☐ Low E ☐ E ☐ Mid

Co-Ed

Team Name: _____

Tuesday Night: ☐ Novice

Thursday Night: ☐ Novice ☐ Low E ☐ E ☐ Mid

TOTAL AMOUNT DUE \$ _____

RELEASE FROM PARTICIPATION IN INHERENTLY DANGEROUS ACTIVITY

I, the participant and/or parent or guardian of participant understand that the activities registered for contain an element of danger. I agree to indemnify and hold the City of Brighton and any agencies involved in the activities and any of their servants, agents, or employees free and harmless from any injury, damages, liabilities, loss, claim, cost or expense including attorney's fees which may result whether by negligence or otherwise. I am solely responsible for payment of all costs resulting from the rendering of medical aid and ambulance services to the participant, and I authorize that all necessary first aid steps may be taken as prescribed by qualified personnel.

SIGNATURE _____

DATE _____

CK# _____

VISA/MC _____

CLERK _____

The Brighton Cultural Arts Commission (BCAC)

was created in 1996. One of the goals of BCAC is to promote cultural arts throughout the Brighton community. If you are interested in finding out more about BCAC, call (303) 655-2076 or check out the web site on www.brightonco.gov.



Brighton Arts, Culture & Tourism Website

Brighton has a robust and vibrant Arts and Cultural scene loaded with exciting events. The Office of Arts & Culture is bringing arts, culture, business and opportunities for community groups, and individuals together, in one central location – www.brightoncoARTS.org. This website is a great place to explore and learn about the fun facts and history of Brighton as well as the latest information on current events and fun things to do. From upcoming shows and entertainment at the Armory to the best places to eat and shop in Brighton, www.brightoncoARTS.org is a window into some of Brighton's best kept secrets.



Connect and Register Online for FREE!

www.brightoncoARTS.org

ARTfest at the Armory

ARTfest, an art show at The Armory features local artists. The show will be this spring. Applications will be available on-line at www.brightonco.gov. Call Sue Corbett 303-655-2076 for more information.



The North Metro SBDC at Brighton is the resource entrepreneurs in all industry sectors can turn to for help - help that can make the difference between success and failure.

We now have additional resources to offer all businesses large, medium or small whether starting, relocating or expanding through our new:



Our Purpose : Create economic vitality by providing a gateway to business resources

Our Mission : To help businesses in all stages of growth by combining resources

Our Vision : To be the leader in the practice of applied business resources.

For information contact: tsanchez@brightonedc.org
Phone: 303-655-2150

For class schedule visit: www.coloradosbdc.org
look for North Metro Brighton

OUR SPONSORS:



Special Events

Culturefest 2015



Business & Community Expos | Music & Dance Stages | Kid's Activities | Food Vendors | Carnival | Petting Zoo & Pony Rides

BUSINESS & COMMUNITY EXPO

Local/regional businesses, clubs, groups and organizations offering a variety of unique sales, products and services.

MULTI-CULTURAL ENTERTAINMENT

Live music on the Main Stage, dance groups on the Brighton Action Stage.

HEALTH & SAFETY EXPO

Health and safety professionals provide information and education.

KIDS

Food contests, midway games, carnival rides, entertainment stages and demonstrations.

Downtown Brighton

Saturday

June 6


11 am - 5 pm



More info at
303-655-2218
brightonco.gov/culturefest


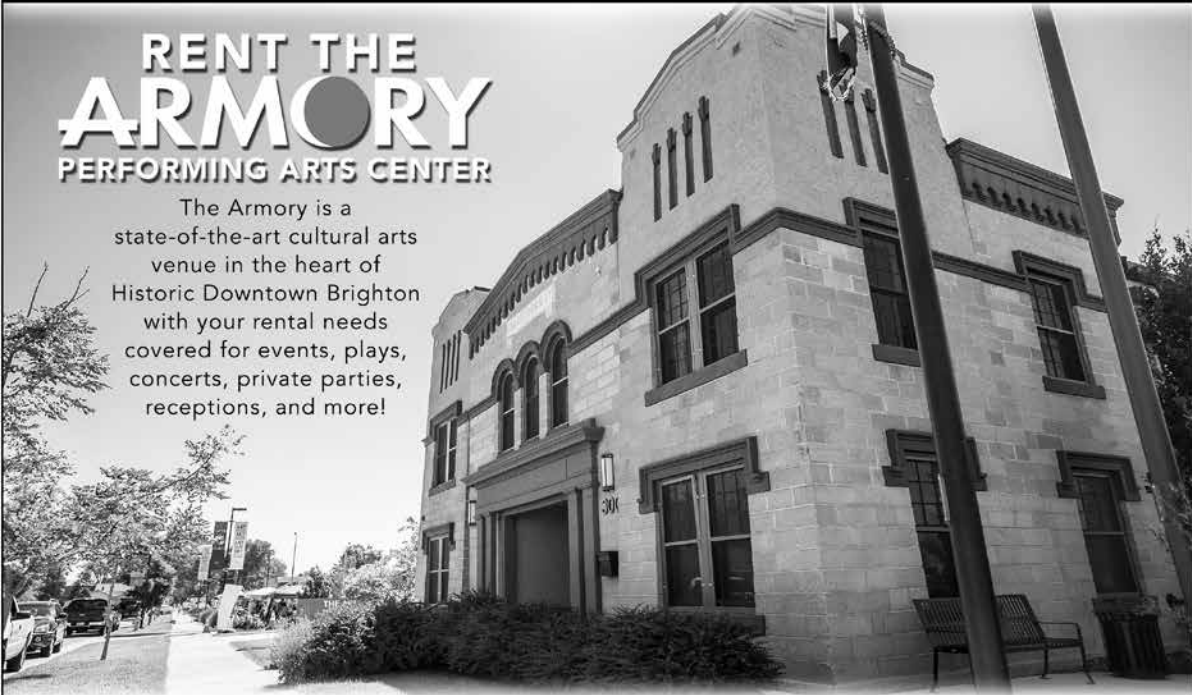


The Armory



**RENT THE
ARMORY**
PERFORMING ARTS CENTER

The Armory is a state-of-the-art cultural arts venue in the heart of Historic Downtown Brighton with your rental needs covered for events, plays, concerts, private parties, receptions, and more!



Facility rentals, availability and rental rates call 303.655.2140 or info@brightonarmory.org

Follow us on Facebook and sign up for our weekly email of events at brightonarmory.org

Eagle View Adult Center

1150 Prairie Center Parkway (303) 655-2075

Monday through Friday 8:00 a.m. – 4:00 p.m.

Center Manager:
Sue Corbett

Program Coordinator:
Donna Singer

Outreach Coordinator:
Ernie Marquez

Administrative Assistant:
Gayle Martinez

Receptionist:
Becky Eichen

The Eagle View Adult Center is dedicated to the overall social, educational, outreach, and wellness needs of seniors and active adults.

Continuous Drop-in Activities

Meet to play cards and games for fun and fellowship: Pinochle, Bridge, UNO, Cribbage, Pitch, Hand & Foot, Mexican Train Dominos, Wii Bowling, Scrabble, and Bingo. No fee – all older adults are welcome.

Day Trips

Destinations range from museums, plays, outdoor adventures, tours, restaurants and music venues.

Classes

EVAC offers classes in: yoga, fit ball, exercise, wellness, history, memoir writing, driver safety, ceramics, oil painting, Japanese Bunka, and more!

Support Groups:

Grief Support and Education: This group is for those grieving over the loss of a loved one and meets monthly on the 2nd Monday from 1:00–2:00 pm. Program alternates monthly between a support group (drop-in) and an educational program - call for reservation (303) 655-2075.

Seniors with Low Vision: This program helps adults age 55+ with visual impairment or blindness learn to live independently through resources and adaptive ideas. The free drop-in group meets the 4th Monday from 1:00-2:00 pm. Call Melanie at (720) 308-7705.

Caregivers Support Group: This group provides support for those who are caring for a loved one at home or at a nursing home. Group meets on the 2nd Thursday from 10:00-11:30 am. People of all ages are welcome. For details call Mary Thatcher at (303) 426-4408.

Dementia Caregivers Support Group: This evening group is open to all in the community. Meets monthly on the 1st Thursday from 6:00-7:30 pm. Call Sue at (303) 659-4148 for details. Note that the group will meet on Jan. 9 due to the holiday.

Transportation:

VIA

VIA provides transportation within the City of Brighton to medical appointments, shopping, Eagle View, and more. Service available Mon-Fri from 7:30 am–5:00 pm. Call (303) 447-9636.

Call-n-Ride

This is an RTD service. Call (303) 994-3549 and make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon-Fri, 6:00 am-7:00 pm. Cost is the local RTD bus fare.

Services:

Lunchtime Meal

A hot, nutritious lunch is provided by Volunteers of America, Monday – Thursday at 11:30 am. Make your reservations 2 working days in advance so we can order meals. Call Audri at (303) 655-2271 during her office hours (Mon–Thu, 10 am-1 pm). Meal donation: \$2.50 (60+ yrs), meal fee \$7.25 (under 60).

Senior Wellness Clinic

Visiting Nurses Association (VNA) Senior Wellness Clinic operates on Thursdays from 9:00 am-3:00 pm. Services include health screenings, blood pressure, foot care, and health education. Appointments required by calling (303) 655-2075. Foot care is \$25, payable at time of service, unless covered by insurance. Reduced fees available.

Outreach and Referral

Seniors, do you need help and don't know where to turn? Call Ernie Marquez at (303) 655-2079 to set up an appointment. She can assist seniors with completing forms, applying for programs, finding services, and other needs. Home visits available for those who are homebound.

Medicare Counseling

If you need individualized help with Medicare issues, call Ernie at (303) 655-2079 to make an appointment with a Sr. Health Insurance Program (SHIP) counselor.

Platte Valley Medical Center

Childbirth Education Classes

Platte Valley Medical Center offers a variety of classes to help you prepare for this exciting time in your life. Our comprehensive educational programs will help you be successful at every stage in the process.

Women's and Newborn Center Tours

Tours of the Women's and Newborn Center are offered to help you become familiar with the Labor and Delivery Unit, Special Care Nursery, and Postpartum Suites.

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: Free, by appointment. Tour size is limited

Day	Time	Dates
Wednesdays	6:00pm	Jan 7, 21, Feb 4, 18, Mar 4, 18, Apr 1, 15

Location: Meet in the hospital lobby by the fireplace

Birthing Basics

This one-day class is designed to acquaint you and your coach with the labor and birthing process through interactive discussions and with the aid of handouts, posters, and videos. Relaxation, breathing, and comfort techniques for a natural labor and birth are practiced. Please bring two pillows to class. Pain management options are also reviewed.

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: \$80.00

Day	Time	2015 Class Dates
Saturday	9:00am-5:00pm	Jan 10, Feb 14, Mar 14, Apr 11

Location: Conference Rooms A & B

Breastfeeding Basics

Successfully learn the basics of breastfeeding, such as positioning, latching on, nipple care, and breast milk supply in this class. Taught by a certified lactation specialist, we will discuss how moms can incorporate returning to work while breastfeeding. Partners are welcome and encouraged to attend.

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: \$43.00/class

Day	Time	Dates
Thursday	6:00-8:30pm	Jan 22, Mar 5, Apr 16

Location: Conference Room A

Baby Basics

This class discusses realistic expectations for your baby's first months and provides information and hands-on practice with bathing, diapering, cord and circumcision care. This class covers:

- Baby's first days of life
- Feeding, diapering, bathing, and baby care basics
- SIDS risks, safe sleeping, and safe car seat use

Register by calling:

(303) 498-3518 or find your class online at pvmc.org/events

Cost: \$43.00/class

Day	Time	2015 Class Dates
Thursday	6:00 - 8:30pm	Jan 15, Feb 26, Apr 9

Location: Conference Room A

Lactation Program & Breastfeeding Support

Breastfeeding is special for so many reasons – the joy of bonding with your baby, the cost savings, and the related health benefits. Along with these benefits, challenges are sometimes prevalent. If you have specific questions or would like to schedule an appointment with our certified lactation specialist, please call (303) 498-3415.

Pilates Mat Class

Pilates is a great form of exercise to strengthen and tone your abdominals, hips, and shoulders, increase flexibility and stamina, and improve overall fitness and health. Class instruction includes proper postural alignment and breathing techniques. Regardless of your fitness level, exercises can be modified to fit your needs.

Instructor: Karen Vizyak, licensed physical therapist and certified Pilates instructor

Register by calling: (303) 498-1840

Day	Time	Cost
Tuesdays	5:45-6:30pm	\$9.00/class or
Thursdays	5:15-6:00pm	\$80 for 10-class punch card

Location: Hospital Conference Center

Yoga

PVMC is pleased to offer Community Yoga Classes. Bring your own mat and get ready for a fun, energizing way to improve your health.

Instructor: Karen Vizyak, licensed physical therapist and certified Yoga instructor

Register by calling: (303) 498-1840

Day	Time	Cost
Tuesdays	4:45-5:20pm	\$6.00/class or
Thursdays	12:15-12:50pm	\$58 for 10-class punch card

Location: Hospital Conference Center

Platte Valley Medical Center

Ready, Set, Quit.

You Can Be Tobacco Free- Smoking Cessation Course

If you're ready to kick the habit once and for all, Platte Valley Medical Center offers a 7-week smoking cessation course. The sessions are taught by hospital respiratory therapists (RTs) and include resources to begin your smoke-free journey.

Participants will learn:

- A fresh approach to quitting
- The physical and emotional benefits of quitting
- How to remove roadblocks
- About nicotine replacement therapies and the correct usage and potential side-effects of prescription quit-smoking medications
- How to access resources to successfully quit smoking and begin your new smoke free life

Register: (303) 498-2190 or email cbowlin@pvmc.org

Cost: \$40.00

Day	Time	2015 Class Dates
Thursdays	4:30 - 6:30pm	Jan 8 - Feb 19
		Apr 9 - May 28

Location: Conference Room C

Speaker's Series with Donna the Dietitian

Come learn how to live a healthy lifestyle and prevent chronic disease. Classes are taught by Donna Harris, MS, RD, HFS. Donna is Platte Valley Medical Center's wellness dietitian. Her passion is nutrition, wellness, and educating patients and the community. Visit pvmc.org/events for the event topics.

Register by calling: (303) 498-1699 or daharris@pvmc.org

Cost: FREE

Day	Time	2015 Class Dates
Monday	6:00pm	Jan 12, 26, Feb 9, 23, Mar 9, 23, Apr 13, 27

Location: Conference Center

Research your diagnosis and
other **FREE** Health
information at pvmc.org



Massage Therapy

Platte Valley Medical Center proudly offers therapeutic massages for the public. A physician referral is not required and therapy is provided by experienced licensed massage therapists.

Register by calling: (303) 498-1840

Day	Cost
Monday-Friday appointments based upon availability	\$30.00 - 30 minutes \$50.00 - 60 minutes

Location: 1606 Prairie Center Parkway, Suite 130

Community Garden Application



City of Brighton 2015 Community Garden Application

Name of Gardener _____		Email _____
Street Address _____		
City _____	Zip _____	
Home Phone _____	Other phone (work or cell) _____	
Signature of Renter _____		Date _____

Would you be interested in renting at:

Indicate location choice #1, choice #2, & choice #3. If your 1st choice garden location is not available, you will be assigned to another location. If you do not wish to have a plot at another location, do not list a 2nd or 3rd choice. Returning gardeners will be allowed to reserve their same plot on a space available basis.

____ Choice Zion Community Garden 395 South 14 th Ave.	____ Choice Denver St Community Garden 1119 E. Denver St.	____ Choice Brighton Adventist Community Garden 781 South 5 th Ave.
____ Choice Northgate Community Garden 4801 Mt. Evans St.	____ Choice Ken Mitchell Park 889 Kinglet Ct.	

Denver Street offers 3 raised beds with organic-only, permaculture gardening option

Ken Mitchell Park offers 6 raised bed gardens, designed to be handicap accessible, available on a first come, first serve basis.

Applications will be accepted on the first day of registration – early application may result in delays & returned applications

Key dates:

January 23, 2015	1 st day of reservations for Brighton residents at 7am
February 6, 2015	1 st day of reservations for non-residents at 7am
May 2015	Access to water in the gardens.
September 2015	Water turned off for the season.
October 2015	Keys due back & plots cleaned to be eligible for the 2015 gardening season

Fees for Gardening: **Payment will be due at the time of your reservation: \$20 for residents in Brighton legal city limits \$30 for non-residents**

Payable by Cash____ Check____ Credit Card_____exp____/____

All participants need to submit this form with payment. No phone requests will be accepted.

For Office Use only#####

Date Received____ Garden____ Plot#____ Key Sent____ Key Returned____

Registration Form

RECREATION CENTER PROGRAM REGISTRATION FORM

**Walk-In
Residents Only**
December 11
@ 7am

**Walk-in
Open**
December 12
@ 7am

**Online
Residents Only**
December 11
@ noon

**Online
Open**
December 12
@ noon

**Phone-In
Registration**
December 13
@ 7am

**Mail-In/Fax
Registration**
December 13
@ 7am

Please print and fill out registration information completely. *All phone & fax registrations must be paid by credit card.

Parent's Name: _____ Date ____/____/____

Mailing Address: _____

Home Phone: ____/____/____ Work Phone: ____/____/____

Cell Phone: ____/____/____

Email address: _____

☐ I have read and understand the refund guidelines.

☐ Check or Money Order made payable to: **City of Brighton**

Drivers License Number: _____ State: _____ Expiration Date: _____

Visa/Mastercard/Discover Number: _____ Exp. Date: _____

Signature: _____

Participants Name	Session #	Activity Name	Age	Birth Date Mo. Day Yr.	Sex	School Grade	Fee

Total Amount Due \$ _____

RELEASE FROM PARTICIPATION IN INHERENTLY DANGEROUS ACTIVITY

I, the participant and/or parent or guardian of participant understand that the activities registered for contain an element of danger. I agree to indemnify and hold the City of Brighton and any agencies involved in the activities and any of their servants, agents or employees free and harmless from any injury, damages, liabilities, loss, claim, cost or expense including attorney's fees which may result whether by negligence or otherwise. I am solely responsible for payment of all costs resulting from the rendering of medical aid and ambulance services to the participants, and I authorize that all necessary first aid steps may be taken as prescribed by qualified personnel.

****PARENT/PARTICIPANT SIGNATURE:** _____

-----FOR OFFICE USE-----

Date: ____/____/____ Check #: _____ Visa/MasterCard/Discover Clerk: _____

For Recreation Center information, please call (303) 655-2200 or visit www.brightonco.gov

Registration Information

5 Ways to Register

1 - In Person

Walk-In registration for Brighton residents takes place December 11, 2014 beginning at 7:00 am at the Brighton Recreation Center, 555 North 11th Avenue. Please bring proof of residency within legal city limits.

Open walk-in registration begins at 7:00 am on Friday, December 12, 2014.

2 - By Phone

Phone-In registration will be accepted on December 13, 2014. We accept your Visa, MasterCard, or Discover. Please have the following information: participant's name, birth date, sex, address and phone number.

3 - By Fax

To register via fax, please complete the registration form and include your credit card information. Fax the form to the recreation center at (303) 659-9405.

4 - By Mail

To mail your registration, complete the form and send it along with your payment in the form of a check, money order (made payable to the City of Brighton) or your credit card information to:

Brighton Recreation Center
555 North 11th Avenue
Brighton, CO 80601

- Mail in registrations received before December 13, 2014 are not guaranteed early registration and will be processed at random as time permits after 11:00 am on December 13, 2014.
- Mail in registrations received on or after December 13, 2014 will be processed at random on a daily basis. We are not responsible for delayed mail.
- In the event that your class is filled, your check will be returned to you.
- Incomplete forms or insufficient payments will be returned.
- You are registered unless we notify you otherwise.

5 - Online

To register online, go to www.brightonco.gov & select "online" registration. In order to register online, we will need to have your email address already in our database. You will also need to know your "household" number, available on a receipt from the Brighton Recreation Center.

Online registration will be open to Brighton Residents starting at noon on December 11, 2014. Non-residents will be able to register on-line starting at noon on December 12, 2014.

Registration online will be available for Recreation Center programming including renewal of most passes. Personal training, private & semi-private swimming lessons, reduced rates and corporate passes are not available online.

Payment by Check

The City of Brighton will charge a \$30.00 service fee for all checks not honored for any reason by the bank. Checks should be made payable to: **City of Brighton**

Refund Policy for City of Brighton Recreation Center

Refunds will be made according to the following guidelines:

- No cash refunds.
- If class is canceled by Recreation Center: 100% refund
- Refund requests must be received 5 business days prior to start of the program.
- Refunds of \$25 or less will be issued as household credit only. If participant cancels: refund will be assessed a \$5 service fee per activity unless refund is issued as a household credit.
- Refund request after the program has started: **NO REFUNDS**, except due to illness.
- Credit may be given if the participant is unable to participate due to illness. A doctor's statement must be presented in order to receive credit due to illness.

Waiting List Procedure

Waiting lists are a source of contact and do not guarantee you will receive a call back. You will receive a call back only if a space becomes available. If you ask to add your name to a waiting list for a closed class it:

- a. Provides us with a name and phone number in the event of a cancellation.
- b. Supplies us with names and phone numbers in case a new class is added.
- c. Does not limit you from registering for any other open class.

Class Cancellation Policy

When a class is cancelled, participants are given the option of transferring to another class, receiving a household credit or a refund check or credit to a credit card. Participants will be notified at least 24 hours in advance when classes are cancelled due to insufficient registrations. Refunds will be handled in accordance with refund policy.

Notice to Participants

Participants must realize that all classes / activities of a physical nature involve some risk and by registering for a Brighton Recreation Center class/activity of this nature, there is an assumption of risk by the participant. The City of Brighton Parks and Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first class recreational facilities, activities and parks.

In the event of a serious illness or accident it is the policy of the City of Brighton to:

- Contact 911 for emergency personnel for first aid.
- Reach the parent or guardian as soon as the situation allows.